

Cara'-moela (*Dioscorea bulbifera*) can be considered as the potato of the Atlantic forest. It grows well next to fruit trees, and produces a bulb with the shape of a gizzard (gizzard = moela in Portuguese). In Africa, the bulb can weigh more than 4 pounds. A related species, cara'-da-terra (*Dioscorea alata*), forms bulbs under the ground, with a smoother texture and a slightly acidic taste after cooking pretty much like one would cook a potato.



Cara'-moela



Cara'-da-terra