

# BOTTLE GOURD



**TAGUA**

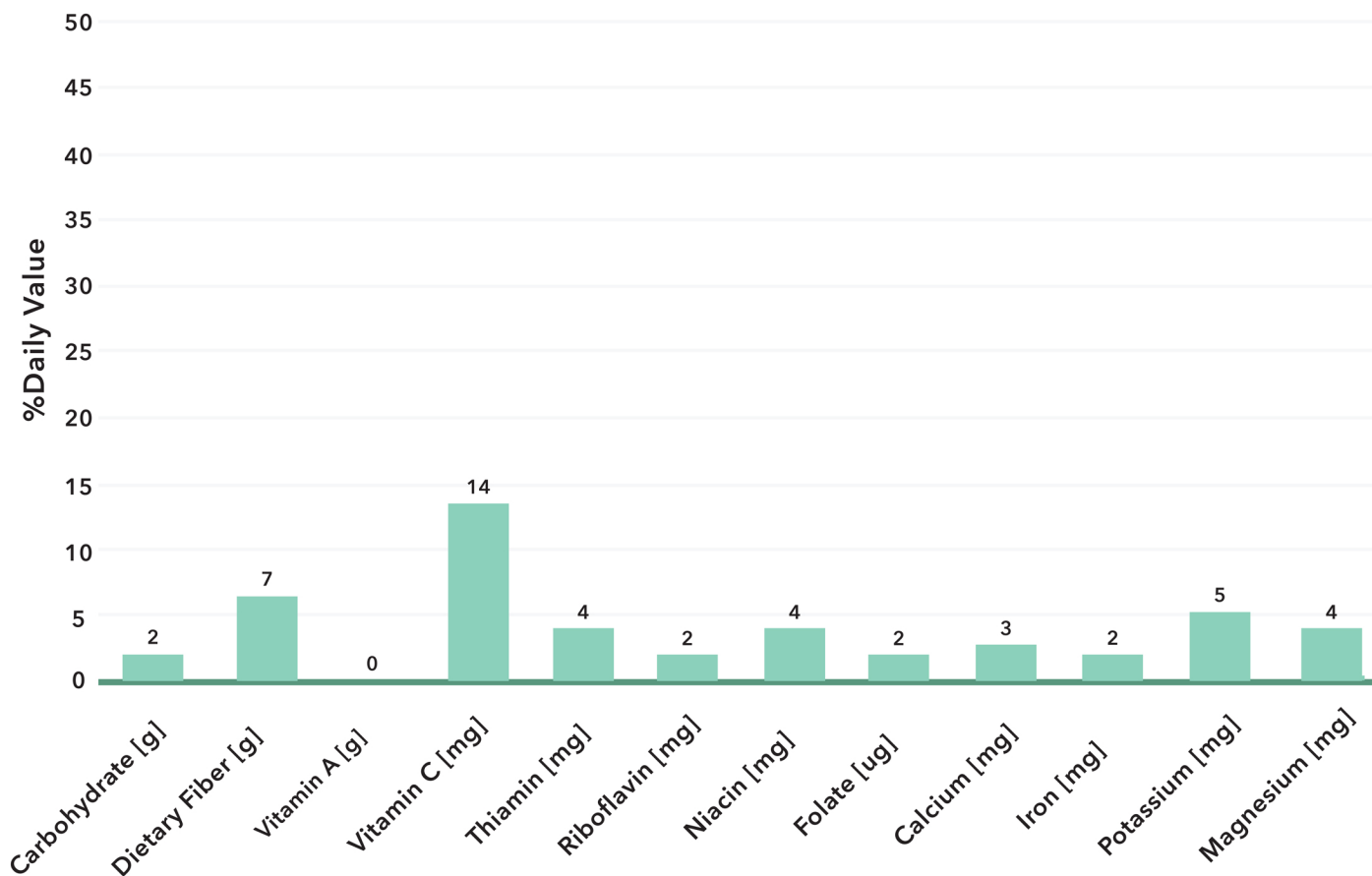
# BOTTLE GOURD/TAGUA

(CHamoru Name)

*Lagenaria siceraria*

SEASON

Peak availability  
year-round  
January through  
December



## DID YOU KNOW?

Tagua can be harvested young for food, or harvested when it is mature to be used as a utensil.

Graph based upon USDA Database nutrient composition for 1 cup calabash, cooked, boiled, drained (146 g)

\*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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