PLANT FACT SHEET

Dioscorea glabra Roxb.

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The root tubers are cooked and eaten as a vegetable. They are boiled or roasted.

DESCRIPTION

A yam. It keeps growing from year to year by sprouting from the tubers. The stem has thorns near the base. It twines to the right. The vine can be 8 m long. The tubers usually occur singly and are deep in the soil on a long stalk. They are 50 cm long by 4 cm wide. They have white flesh. The leaves are simple and can be opposite or alternate. The leaf stalk is 4-5 cm long. The leaf blade is a long heart shape. It can be 14 cm long by 16 cm wide with rounded ear shaped bases. The male flowers occur as 1-4 together and on branches 70 cm long. Female flower stalks occur singly or in pairs. They can be 40 cm long and with 50 flowers. (It is similar to Dioscorea nummularia).

HABITAT

A tropical plant. It grows in evergreen broad-leaved forests and on mountain slopes and valley sides between 200-1,500 m above sea level. In Yunnan.

NOTES

There are about 650 species of Dioscorea.

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Wild edible plants of Himachal Pradesh (As Dioscorea siamensis)

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