PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Dioscorea dregeana (Kunth) T. Durand & Schinz

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

COMMON NAMES Wild yam

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

Caution: The tubers are poisonous without extensive preparation. The peeled tubers are leached in water for several days to remove the water soluble poison. They are then boiled and mixed with milk or maize porridge.

DESCRIPTION

A yam. It is a climbing herb. The stems are angular and downy. It has bulbs. The tuber is large and 30 cm across. There can be a cluster of tubers. The leaves are alternate with 3 leaflets. They are round and hairy underneath. Male and female flowers are on separate plants. Male flowers are green and female flowers are white. They are in small hanging clusters in the axils or leaves. The stems are spiny. It can grow 15 m high. The fruit are winged and 4 cm long.

HABITAT

It is a subtropical plant. It grows in hot arid areas. It grows in woodland. It grows between 275-1,400 m above sea level. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/278a5b12-9b31-4fe7-aabc-890d0f15f3bd