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 nipponica Makino

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

COMMON NAMES Japan yam, Uchiwa yam

EDIBLE PARTS AND USES

Only young aerial tubers are used and they should only be eaten in small quantities.

DESCRIPTION

A yam. It is a herb or vine. It keeps growing from year to year. The rhizome is horizontal and 1.5 cm thick. The stem twines to the left. It is 5 m long. The leaves are alternate and simple.

HABITAT

It is a warm temperate plant. In China it grows in mixed forests between 100-1,800 m above sea level.

NOTES

It is used in medicine against obesity. It contains steroids.

PICTURES



Credit: Food Plants International (Bruce French)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2f123423-c8ec-4b45-8ed3-7488aaa9adfa