PLANT FACT SHEET

Cyphia glandulifera Hochst.

GENUS *Cyphia* **FAMILY** Campanulaceae

EDIBLE PARTS AND USES

Edible parts: Tuber, Root, Shoots, Leaves, Vegetable

The leaves are used as a vegetable.
The tubers are peeled and cooked and eaten.

DESCRIPTION

A herb. It usually has a single stem. It grows 25-40 cm high. The stem is purplish-green. It has a white scaly tuber. It is 5 cm across and is 6-12 cm below the surface. The leaves are in a ring around the stem just above the ground. They are almost round and 10 cm long. They have irregular teeth. The flowers are pink and have 5 petals.

HABITAT

It is a tropical plant. In Kenya it grows between 1,000-2,000 m altitude.

PRODUCTION

Cultivation

Plants can be grown by tubers or seeds.

REFERENCES

Asfaw, Z. and Tadesse, M., 2001, Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. Economic Botany, Vol. 55, No. 1, pp. 47-62

Demise, S. & Asfaw, Z., 2020, Ethno Botanical Study of Wild Edible Plants in Adola District, Southern, Ethiopia. International Journal of Research and Analytical Reviews (IJRAR) 7(2).

Emire, A., et al, 2022, Ethnobotanical Study of Wild Edible Plants in Liben and Wadera Districts of Guji Zone, Southern Ethiopia. Global Journal of Agricultural Research Vol.10, No.3, pp. 47-65

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 561

Ichikawa, M., 1980, The Utilization of Wild Food Plants by the Suiei Dorobo in Northern Kenya. J. Anthrop. Soc. Nippon. 88(1): 25-48

Johns, T., Mhoro, E. B. and Sanaya, P., 1996, Food Plants and Masticants of the Batemi of Ngorongoro District, Tanzania. Economic Botany, Vol. 50, No. 1, pp. 115-121

Maundu, P. et al, 1999, Traditional Food Plants of Kenya. National Museum of Kenya. 288p

Mutie, F. G., 2020, Conservation of Wild Food Plants and Their Potential for Combatting Food Insecurity in Kenya as Exemplified by the Drylands of Kitui County. Plants 2020, 9, 1017

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 74

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/38fefc04-c6be-4171-a843-7b04ebb05d77