PLANT FACT SHEET

# *Psilosiphon bainesii* (Baker) Goldblatt & J. C. Manning

**GENUS** *Psilosiphon* **FAMILY** Iridaceae

## EDIBLE PARTS AND USES

**Edible parts:** Corm, Root

The corm is eaten raw and cooked.

## DESCRIPTION

A herb. It is a corm or bulb plant. The corm is 13-20 cm across. It grows 30-60 cm tall.

## HABITAT

It is a tropical plant.

## REFERENCES


Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 33 (As Lapeirousia vaupeliana)

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Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 68

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/4475e5b2-5dcc-4da9-af10-5df6e2bb2355