PLANT FACT SHEET

# *Fockea edulis* (Thunb.) K. Schum.

**GENUS** *Fockea* **FAMILY** Apocynaceae

**COMMON NAMES** Kambro

## EDIBLE PARTS AND USES

**Edible parts:** Root, Tubers, Leaves

The large watery roots are eaten.
The young leaves are eaten as a potherb.

## DESCRIPTION

A climber. It is a plant with a large storage organ near the ground. This is white and rough. It can vary in shape. It produces vines. The vines can grow 30 cm in a year. The leaves are dark green. They are 3-4 cm long and 1 cm wide. They have wavy edges. The flowers are green and 1.5 cm wide. The fruit are greyish pods 8 cm long.

## HABITAT

It is a tropical plant. It cannot tolerate frost. It grows in drier places.

## PRODUCTION

### Cultivation

Plants are grown from seed.

### Harvesting and Seed Production

An edible tuber may weigh 22 kg.

## NOTES

There are about 10 Fockea species.

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