PLANT FACT SHEET

Cyphia sylvatica Eckl. & Zeyh.

GENUS *Cyphia* **FAMILY** Campanulaceae

COMMON NAMES Melkbaroe

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The tubers are peeled and eaten raw. They can be baked or fried.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant.

NOTES

Also put in the family Lobeliaceae.

REFERENCES

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van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 84

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

Youngblood, D., 2004, Identification and Quantification of Edible Plant Foods in the Upper (Nama) Karoo, South Africa. Economic Botany 58 (Supplement) :S43-S65

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/667d0799-d604-41cb-b2ce-ba81a4544241