PLANT FACT SHEET

Icacina mannii Oliver

GENUS *Icacina* **FAMILY** Icacinaceae

EDIBLE PARTS AND USES

Edible parts: Roots - starch, Tubers

The root starch is probably more as a medicine.
Caution: It contains cyanide, oxalates and phytates.

DESCRIPTION

A shrub that lies over or is a climber. It grows 6 m tall. It has a large tuberous root.

HABITAT

It is a tropical plant.

REFERENCES

Antai, S. J. & Obong, U. S., 1992, The effect of fermenatation on the nutrient status and on some toxic components of Icacinia manni . Plant Foods for Human Nutrition. 42:219-224

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 47

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/753ca5a2-c9b0-4750-a1b4-af8661e94fa7