PLANT FACT SHEET

Dioscorea cirrhosa Lour.

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

COMMON NAMES Dyeing yam, Cu mao, Cu nau

EDIBLE PARTS AND USES

Edible parts: Root, Tuber

The tubers are cooked and eaten as a vegetable.

DESCRIPTION

A yam. It is a vine. It keeps growing from year to year. It has a large underground tuber. The tubers can vary in shape. This produces annual stems that are scrambling or twining. The stems twine to the right. They can be 20 m long. They are prickly at the base. The leaves are whitish underneath. They are oval and 5-20 cm long by 1-14 cm wide.

HABITAT

It is a tropical plant. It grows in secondary forest. In southern China it grows up to 1,500 m above sea level. In Sichuan and Yunnan.

NOTES

It was cultivated for its dye. The tubers are high in tannin.

REFERENCES

Castillo, C., 2013, The Archaeobotany of Khao Sam Kaeo and Phu Khao Thong: The Agriculture of Late Prehistoric Southern Thailand. Ph. D. thesis University College, London p 382

Fang, Q., et al, 2024, Wild edible plants of the Yao people in Jianghua, China: plant‐associated traditional knowledge and practice vital for food security and ecosystem service. Journal of Ethnobiology and Ethnomedicine (2024) 20:80

Fern, K., 2012, Tropical Species Database http://theferns.info/tropical/

Luo, B., et al, 2019, Wild edible plants collected by Hani from terraced rice paddy agroecosystem in Honghe Prefecture, Yunnan, China. Journal of Ethnobiology and Ethnomedicine 15:56

Mansfeld's Encyclopedia of Agrocultural and Horticultural Crops. Hanelt, P. (ed) p 2164

Ogle, B. M., et al, 2003, Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam. Economic Botany 57(1): 103-117

Slik, F., www.asianplant.net

Van Sam, H. et al, 2008, Uses and Conservation of Plant Species in a National Park. A case study of Ben En, Vietnam. Economic Botany 62:574-593

Xu, You-Kai, et al, 2004, Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China. Economic Botany. 58(4): 647-667.

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/782300f9-cd6a-446a-beaf-329def58f9b7