PLANT FACT SHEET

Dioscorea versicolor Buch.-Ham. ex Wall.

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The tubers are cut into pieces, steeped in water then boiled before eating.

DESCRIPTION

A yam. It is a climbing plant. The stem is slender and does not have prickles. The tubers are long.

HABITAT

It is a subtropical plant.

NOTES

It is not in The Plant List.

REFERENCES

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Bhandari. M. R. & Kawabata, J., 2005, Bitterness and Toxicity in Wild Yam (Dioscorea spp.) Tubers of Nepal. Plant Foods for Human Nutrition. 60:129-135

Shah, S. K., 2014, Dietary contribution of underutilized minor crops and indigenous plants collected from uncultivated lands and forests in Nepal. in Promotion of Underutilized Indigenous Food Resources for Food Security and Nutrition in Asia and Pacific. FAO. Bangkok p 64

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/79b02333-c536-40c4-b3ab-8777742b89bf