PLANT FACT SHEET

Dioscorea deltoidea Wall. ex Griseb.

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

COMMON NAMES Nepal yam

EDIBLE PARTS AND USES

Edible parts: Root, Tuber

The tuberous root is slightly bitter so it is boiled and mixed with wood ash then cooked and eaten as a vegetable. The tubers are also repeatedly boiled, washed and then baked. They are also dried then boiled. It is also used to make a drink.
The tubers are rich in saponins - used as soap.

DESCRIPTION

A yam. It is a climbing herb. The rhizome lies horizontal and is ginger shaped. It is 1.2-1.5 cm thick. The stem winds left. The leaves are alternate. They are 6-12 cm long by 5.5-10 cm wide. They are broadly oval to heart shaped. They are long pointed. There are 5-7 veins. The male flowers are single, small and white. The female flowers are single and slender. The fruit is a capsule.

HABITAT

A tropical and subtropical plant. It grows in broad leafed forest between 2000 and 3100 m altitude in Southern China. They grow throughout Nepal from 300-3000 m altitude. They grow in moist open places. In Yunnan.

PRODUCTION

Cultivation

They can be grown from seed or root tubers.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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