PLANT FACT SHEET

Cyanella hyacinthoides Royen ex L.

GENUS *Cyanella* **FAMILY** Tecophilaeaceae

COMMON NAMES Lady's hand

EDIBLE PARTS AND USES

Edible parts: Root, Bulb, Fruit

The corms are eaten raw or cooked in milk or roasted.

DESCRIPTION

A herb. It develops a corm. It can grow as an annual or keep growing from year to year. It grows 15-35 cm high. There are several slender leaves develop from the corm. The corm has a long neck. The flowers are white, pink, purple or lilac. They have a scent. There are 5 small stamen above and one large stamen below.

HABITAT

It grows in warm temperate places. It grows on black peaty sand and dunes. It can grow in arid places.

PRODUCTION

Harvesting and Seed Production

A cleaned corm weighs about 14 gms. They are harvested during the wet season.

NOTES

It is high in Vitamin C.

REFERENCES

Akinola, R., et al, 2020, A Review of Indigenous Food Crops in Africa and the Implications for more Sustainable and Healthy Food Systems. Sustainability 2020, 12, 3493;

Davis, S.D., Heywood, V.H., & Hamilton, A.C. (eds), 1994, Centres of plant Diversity. WWF. Vol 1. p 211

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 71, 349

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 254 (As Cyanella capensis)

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 78

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 74

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 73 (As Cyanella capensis)

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 71

Manning, J., 2007, Field Guide to Fynbos. Struik Nature p 92

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 130

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (Also as Cyanella capensis)

Plowes, N. J. & Taylor, F. W., 1997, The Processing of Indigenous Fruits and other Wildfoods of Southern Africa. in Smartt, L. & Haq. (Eds) Domestication, Production and Utilization of New Crops. ICUC p 189

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 11th June 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 105

Syst. Ed. 10:985. 1759 (As Cyanella capensis)

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

van Wyk, B-E., 2011, The potential of South African plants in the development of new food and beverage products. South African Journal of Botany 77 (2011) 857–868

Wehmeyer, A. S, 1986, Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species

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

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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

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/7b91370d-c8d6-4aa3-a30b-e1aba166d15f