PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Dioscorea spiculiflora Hemsley

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

EDIBLE PARTS AND USES

Edible parts: Tuber, Root

Caution:

DESCRIPTION

A yam. The leaves are a rounded heart shape.

HABITAT

A tropical plant. It grows on limestone soils in dry tropical forests at low altitudes.

NOTES

There are about 650 species of Dioscorea.
It contains sapogenins and sterols.

REFERENCES

Biol. cent.-amer., Bot. 3:361. 1884

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/88bfe38b-2bbc-42b7-965a-8f49bb15c22f