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 cochleari-apiculata De Willd.

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The tubers are used as a famine food after cooking and washing and drying to remove alkaloids.

DESCRIPTION

A yam. It is a climbing herb 10 m long. It has a single tuber with 4 lobes or there can be 4-5 tubers in a cluster. They are 10 cm across and a flattened round shape. They grow near the soil surface. The stem twines to the left. There are prickles near the base. The leaves are alternate and have 3 leaflets. These are rounded and have a tip at the end. There are often compound male flowers present when the leaves are just forming. The fruit is a capsule about 5 cm long by 2 cm wide.

HABITAT

It is a tropical plant. It grows near the edges of forests and in termite mounds. It is often on sandy soils and near streams. It grows between 400-1,600 m altitude.

REFERENCES

Bruschi, P., et al, 2014, Traditional use of plants in a rural community of Mozambique and possible links with Miombo degradation and harvesting sustainability. Journal of Ethnobiology and Ethnomedicine. 2014, 10:59

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 66

http://aflora.africa.kyoto-u.ac.jp

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 278

Wilkin, P., 2001, Dioscoreaceae of South-Central Africa. Kew Bulletin, Vol. 56, No. 2 (2001), pp 361-404

Yamada, T., 1999, A report of the Ethnobotany of the Nyindu in the Eastern part of the former Zaire. African Study Monographs 20(1):1-72

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/8b60b6d9-5cf6-47b2-8984-461b748a40e9