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 tomentosa Koenig ex Spreng.

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

COMMON NAMES Doyala yam

EDIBLE PARTS AND USES

Edible parts: Leaves, Tubers, Root

The tuber is cut in pieces, then washed in running water for 3 days then boiled and eaten. It is steamed or roasted. They are also used in curries.
Caution:

DESCRIPTION

A yam. The vine twines to the left. The leaves have a grey covering. The leaves are alternate. The upper leaves have 3 leaflets and the lower leaves often 5-6 leaflets. The flowers are purple and in spikes in the axils of leaves. The fruit are winged capsules. They have 3 seeds.

HABITAT

It is a tropical plant. It grows on the edge of the forests in the Nilgiri hills. It can be up to 1,400 m above sea level.

NOTES

There are about 650 species of Dioscorea.

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