PLANT FACT SHEET

Dioscorea hastifolia Nees

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

COMMON NAMES Spear-leaved dioscorea

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The tuber is cooked and then pounded before eating.

DESCRIPTION

A yam. A scrambling or twining shrub. It has a slender vine and a tuberous root. Plants die back and re-grow from this tuberous root. The plant can grow to 2 m high. The leaves vary a lot in shape and size. They can be 8 cm long but are more often 2-3.5 cm long by 0.5-1.5 cm wide. The leaves have 3-5 prominent veins. Male and female flowers are on separate plants. The male flowers are in spikes 1-3 cm long. The female plants produce winged fruit. These are about 2 cm long. The yams are cylindrical and 2-3 cm across.

HABITAT

A tropical plant. It grows in temperate and subtropical places. It grows in fertile soils. It needs a sunny situation and a well drained soil.

PRODUCTION

Cultivation

It is grown from shoots and the tips of the yam tubers. It can also be grown from seed.

NOTES

There are about 650 species of Dioscorea. This one is almost 5 % protein.

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