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 quartiniana A. Rich.

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

Caution; The tubers are poisonous unless properly prepared.
They are peeled and soaked in water for several days. Then they are washed, sliced and dried in the sun. They are then pounded into flour.

DESCRIPTION

A yam. It is a strong slender twiner or climber. It can be 6 m long. The vine twines to the left. It does not have spines. There are a cluster of tubers that are oval or long. The stems are wiry. The leaves are alternate. The leaves have 5 (3-7) leaflets. The leaflets are often arched backwards. The leaves taper to the base and have a threadlike tip. The leaves are 5 cm long by 2 cm wide. Leaf shape can vary. There can be lumpy bulbils along the stems. The female flowers do not have stalks. They are in single slender spikes in the axils of leaves.

HABITAT

A tropical plant. It occurs throughout most of Subsaharan Africa. It grows in forest and grassland. It grows from sea level to 2,000 m altitude.

PRODUCTION

Harvesting and Seed Production

The tubers are collected after the end of the rainy season. The dried flour can be stored.

NOTES

There are about 650 species of Dioscorea.

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