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 zingiberensis C. H. Wright

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

EDIBLE PARTS AND USES

Caution: It contains the drug diosgenin.

DESCRIPTION

A yam. It is a climbing vine. The stems twine to the left. The leaves are alternate and simple. The leaves are an oval or triangle shape and usually have enlarged lobes at the base. The leaves are 5-10 cm long by 4-9 cm wide. The male flower spikes can occur singly or as 2 or 3 together. These are 5-10 cm long. The female spikes are 8 cm long. The fruit are capsules on long stalks.

HABITAT

It is a tropical and subtropical plant. It grows between 100-1,800 m above sea level. In Sichuan and Yunnan.

NOTES

Diosgenin is used for making steroid hormones.

REFERENCES

INFOODSUpdatedFGU-list.xls

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/ab64e73e-fbd1-4ce0-89f3-82450c93d3e7