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 sansibarensis Pax

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

COMMON NAMES Gudu-gudu, Zanzibar yam

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

Caution: The tuber contains alkaloids. It can contain a toxin which acts several hours after eating.
The tubers are eaten.

DESCRIPTION

A yam. The vine is 6-25 m high. The tubers occur singly and are rounded. They are 50 cm across. They are near the soil surface. The stems twine to the left. It does not have spines or only blunt, flattened spines. The leaves are opposite. They taper to the tip. The edges of the leaves are thickened and often roll inwards. The young leaves have 3-9 deep lobes. There are usually bulbils along the vine. These are up to 5 cm across. They are round but vary in colour and texture.

HABITAT

A tropical plant. It grows in subsaharan Africa. It is usually close to water or in forest near rivers. It grows between 200-650 m altitude.

PRODUCTION

Harvesting and Seed Production

Tubers can be 30 kg weight.

NOTES

There are about 650 species of Dioscorea.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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