PLANT FACT SHEET

Dioscorea polystachya Turczaninow

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

COMMON NAMES Chinese yam, Chinese potato, Cinnamon vine

EDIBLE PARTS AND USES

Edible parts: Tuber, Root, Vegetable

The tubers are fried, baked, boiled, and also sliced and grated and added to other dishes.

DESCRIPTION

A yam. The stem is angled, twines to the right and is often purple. The tubers can be 90 cm long. There can be bulbils along the vine. The leaves are alternate lower on the stem and opposite higher up. The leaves are oval and heart shaped at their base. The leaf stalks are shorter than Potato yam. The leaves are simple and the leaf stalk is 2-3 cm long. The leaves can be triangular or with 3 lobes. The flowers are white and smell like cinnamon. The tubers are vertical and like a cylinder and up to 1m long. The flowers smell of cinnamon.

HABITAT

A temperate or subtropical plant. It grows in forest and is cultivated from 100 - 2500 m in central and north China. It suits hardiness zones 8-11. In Sichuan and Yunnan.

NOTES

There are about 650 species of Dioscorea.

PICTURES



Credit: Food Plants International (Bruce French)

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