PLANT FACT SHEET

Cyphia triphylla E. Phillips

GENUS *Cyphia* **FAMILY** Campanulaceae

EDIBLE PARTS AND USES

Edible parts: Tuber, Root

The root is eaten as a snack and for moisture.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant.

NOTES

Also put in the family Lobeliaceae.

REFERENCES

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 257

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Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d05832ea-93c6-4039-a8ab-080b65dffc17