PLANT FACT SHEET

Cyphia undulata Eckl. & Zeyh.

GENUS *Cyphia* **FAMILY** Campanulaceae

COMMON NAMES Baroe

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The tubers are peeled and eaten raw. They can be baked or fried.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant.

NOTES

Also put in the family Lobeliaceae.

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Youngblood, D., 2004, Identification and Quantification of Edible Plant Foods in the Upper (Nama) Karoo, South Africa. Economic Botany 58 (Supplement) :S43-S65

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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/dc5ab899-4e82-4aef-ae4e-1eb2377a6381