PLANT FACT SHEET

Fockea angustifolia K. Schum.

GENUS *Fockea* **FAMILY** Apocynaceae

COMMON NAMES Water root, Narrow-leafed kambro

EDIBLE PARTS AND USES

Edible parts: Tuber, Root, Stems

The swollen roots are eaten raw when young. Older ones are roasted.
They are also used for jams and preserves. The tubers are cut into small squares and put in water to which a little lime has been added and the extract is used to prepare a chunky jam.

DESCRIPTION

A climber. It has a few fine hairs. It has a taproot and keeps growing from year to year. The stems and tubers have a milky sap. The leaves are oblong or strap shaped and 7 cm long by 5 mm wide. The flowers are almost without stalks. They occur in compact clusters. They are green and white. The flowers are about 1 cm long. The flower stalks are hairy. The fruit are 8 cm long by less than 1 cm wide. The seeds are 10 mm long by 3 mm wide. The tubers are 50 cm long and 30 cm wide. They have a brown skin and are somewhat spongy.

HABITAT

A tropical plant. It grows in hot arid places. They need a sunny warm position. In Swaziland it grows in the lowveld only. It grows in the Kalahari. It grows in regions with a dry period of 6-11 months. It is best in shade. In southern Africa it grows between 800-1,200 m altitude.

PRODUCTION

Cultivation

The top of the tuber is usually left in the ground to re-grow.

Harvesting and Seed Production

The tuber can be harvested again after 2-3 years.

NOTES

There are 6 Fockea species.

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