PLANT FACT SHEET

Raphionacme lanceolata Schinz

GENUS *Raphionacme* **FAMILY** Apocynaceae

COMMON NAMES Water root

EDIBLE PARTS AND USES

Edible parts: Fruit, Roots, Tubers

The moisture of the root tubers is sucked when water is short. A section of the tuber can be scraped and the water squeezed out. It is not very agreeable but important when water is not available.
The fruit is eaten raw.

DESCRIPTION

A herb or small shrub. It keeps growing from year to year. It can grow 1 m high. It has a milky latex. It has flattened tubers that are irregular in shape and 35 cm across and 8 cm thick. The leaves are narrowly oval and 4 cm long by 2 cm wide. They have short hairs on the upper surface. The flowers are 10 mm across and light blue. The flowers are in groups or 3-7 in the axils of leaves.

HABITAT

It is a subtropical plant. It grows in hot arid places. It grows in areas with a marked dry season. It can grow in deserts and places with a dry season of 6-11 months. It grows in well-drained sandy or stony soils. In southern Africa it grows between 900-1,200 m above sea level. In Zimbabwe it grows between 500-1,,500 m above sea level. It can grow in arid places.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e9df42cb-4c9c-459b-88b3-a7c4c59d7e31