PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Ipomoea oblongata E. Mey. ex Choisy

GENUS *Ipomoea* **FAMILY** Convolvulaceae

COMMON NAMES Morning glory

EDIBLE PARTS AND USES

Edible parts: Roots, Tubers

The roots or tubers are dried and eaten as a vegetable and also contain useful moisture.
Caution: They may be poisonous and can be bitter.
The dried crushed tubers have been mixed with milk and boiled in water.

DESCRIPTION

A herb. It lies along the ground. It has broad leaves and can be a climber or scrambler. It keeps growing from year to year. The vines are 2 m long. The leaves are on short almost erect stalks. The leaves vary in shape. The edges are wavy with a fringe of hairs. The tuberous root can be 40 cm thick. The flowers usually occur singly on erect stalks. The fruit is a 1-3 seeded capsule.

HABITAT

It is a subtropical plant. It grows in hot arid regions. It grows in places with a marked dry season. It can grow in places with a dry season of 6-11 months. It needs well-drained soils. It grows between 245-2,045 m above sea level. It can grow in arid places. It grows in woodland and grassland on wet and sandy soils.

REFERENCES

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 162 (As Turbina oblongata)

Guillarmod, J., 1971, (As Turbina oblongata)

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 20 (As Turbina oblongata)

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 97 (As Turbina oblongata)

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 14th April 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 46

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

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f173d4e1-7305-41e7-920f-75a38ebe9985