PLANT FACT SHEET

Dioscorea japonica Thunberg

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

COMMON NAMES Japanese yam

EDIBLE PARTS AND USES

Edible parts: Tubers, Root, Leaf tips

The tubers are cut in slices and boiled. They can be baked. They are grated and eaten with vinegar and added to soups. They can be used as a binding agent for other foods.
Vine tips are eaten steamed or stir-fried.
The bulbils are cooked and eaten.

DESCRIPTION

A yam. The stem twines to the right. The tubers are vertical and like a cylinder and 3 cm across. They are brown on the outside and white inside. The lower leaves are alternate and the higher leaves are opposite. They are elongated and irregular and 5-10 cm long by 2-5 cm wide.

HABITAT

A temperate to subtropical plant. It grows in high mountains and on the edges of forests. In China it grows on mountain slopes and along river valleys between 100-1,200 m above sea level. It suits hardiness zones 4-10. In Sichuan.

PRODUCTION

Cultivation

It can be grown from the bulbils.

NOTES

There are about 650 species of Dioscorea.

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