



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.

Arisaema flavum (Forsskal) Schott

GENUS *Arisaema* FAMILY Araceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Corm, Tuber, Root, Vegetable

The young leaves are cooked and eaten as a vegetable. The dried old leaves are cooked as a vegetable. The corm is crushed and dried and ground to a powder. This is then mixed with water and cooked for 30 minutes.

The corm or tubers are cooked slowly then eaten. This took 8-10 hours.

Caution: The fresh plant is poisonous and needs processing.

DESCRIPTION

A herb. It grows about 35 cm high. It has tubers and forms two leaves. The leaves have stalks. These are divided into leaflets like fingers which radiate and are without leaflet stalks. These vary in size. The bract around the flower is yellow outside and purplish inside. It is squat and 2-3.5 cm long. It covers the flowers inside. It is greenish yellow and with a bright yellow re-curved tip. The flowers do not have stalks and are yellow. They form a club shape.

HABITAT

It is a temperate plant. In Nepal it grows from 2000-3600 m altitude. It grows in moist, open places. It is frost hardy.

PRODUCTION

Cultivation

It is grown from corms.

NOTES

There are about 150-170 *Arisaema* species.

REFERENCES

- Addis, G., Asfaw, Z & Woldu, Z., 2013, Ethnobotany of Wild and Semi-wild Edible Plants of Konso Ethnic Community, South Ethiopia. *Ethnobotany Research and Applications*. 11:121-141
- Aryal, K. P., et al, 2018, Diversity and use of wild and non-cultivated edible plants in the Western Himalaya. *Journal of Ethnobiology and Ethnomedicine* (2018) 14:10
- Bhattarai, S and Chaudary, R. P., 2009, Wild Edible Plants Used by the People of Manang District, Central Nepal. *Ecology of Food and Nutrition*, 48:1-20
- Boesi, A., 2014, Traditional knowledge of wild food plants in a few Tibetan communities. *Journal of Ethnobiology and Ethnomedicine* 10:75
- Brown, D., 2000, Aroids. *Plants of the Arum family*. Timber Press. (Second edition) p 314
- Chen, W., et al, 2021, Wild plants used by the Lhoba people in Douyu Village, characterized by high mountains and valleys, in southeastern Tibet, China. *Journal of Ethnobiology and Ethnomedicine* (2021) 17:46
- Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. *Proceedings of 2nd National Workshop on CUAOGR*, 2017.
- Ethiopia: Famine Food Field Guide.
<http://www.africa.upenn.edu/faminefood/category1.htm>
- Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. *Journal of Natural History Museum* Volume 32, 2021-22 p 103
- Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. *WWF Nepal* p 23
- Global Plants JSTOR
- Guinand, Y., & Lemessa, D., 2000, Wild-food Plants in Southern Ethiopia. University of Pennsylvania - African Studies Center. UN-EUE Addis Ababa.
- Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. *Tropentag 2007. Conference on International Agricultural Research for Development*.
- Kumar, P. D., et al, 2015, Ethnobotanical Knowledge and Usage of Wild Plants in Theog Forest Division, Himachal Pradesh, North Western Himalaya. *The Journal of Ethnobiology and Traditional Medicine*. *Photon* 124(2015) 922-935
- Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. *Afrika Focus - Vol. 24, No 2*. pp 71-121
- Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 95
- Miller, A. G., Morris, M. & Stuart-Smith, S., 1988, *Plants of Dhofar. The Southern Region of Oman, Traditional, Economic and Medicinal Uses*. Sultanate of Oman. p 36
- Ocho, D. L., et al, 2012, Assessing the levels of food shortage using the traffic light metaphor by analyzing the gathering and consumption of wild food plants, crop parts and crop residues in Konso, Ethiopia. *Journal of Ethnobiology and Ethnomedicine* 8:30
- Ryan, S., 2008, *Dicksonia. Rare Plants Manual*. Hyland House. p 121
- Sina, B. & Degu, H. D., 2015, Knowledge and use of Wild Edible Plants in the Hula District of the Sidama Zone. *International Journal of Bio-resource and Stress Management* 6(3):352-365
- Weckerle, C. S., et al, 2006, Plant Knowledge of the Shuhi in the Hengduan Mountains, Southwest China. *Economic Botany* 60(1):2-23

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/f6108ff5-1ae3-43c3-a4b3-28c60a467e17>