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.

Dioscorea sylvatica Ecklon

GENUS *Dioscorea* **FAMILY** Dioscoreaceae

EDIBLE PARTS AND USES

Edible parts: Tuber, Root

The tubers have been used as food after soaking and processing.
Caution: It contains steroids.

DESCRIPTION

A yam vine. The tubers are single. They are 30 cm across. They have deep lobes. They have a corky covering. It can be in a scale like pattern. The stems twine to the left. There are no bulbils. The leaves are alternate and can be entire or have 3 lobes. They are heart shaped. They are papery to rough. It is similar to Dioscorea elephantipes.

HABITAT

It is a tropical to subtropical plant. It grows in rocky areas and also on sandy soils. It can grow from sea level to 1,800 m altitude. It is best in light, well-drained soils. It suits an open, sunny position. It is damaged by drought and frost. It can grow in arid places.

PRODUCTION

Cultivation

It can be grown from seed or by cuttings.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f912932a-6b31-4394-823b-06f75af814e2