PLANT FACT SHEET

Zygotritonia praecox Stapf.

GENUS *Zygotritonia* **FAMILY** Iridaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Corms, Root

The corms are pounded and cooked and eaten as cakes.

DESCRIPTION

A slender herb. It keeps growing from year to year. The leaves are narrow. The flowers are pink or white. It grows 15 cm high. It has a corm 2.5 cm across.

HABITAT

A tropical plant. It grows on alluvial soils in wet sites in West Africa. It grows in wet grass savannah.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 2. Kew.

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 111

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

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fbaf76a2-8715-4f73-acc8-6a320a5c9a40