

# Uses

ID	467
Crop ID	African Bitter Yam
Part	Root
Use Category	Food
Notes	Root should be cooked first before eat. The roots are collected, peeled, cut into small pieces and soaked overnight to remove toxic substances before being cooked. Then they are washed, sliced and dried in the sun. The dried slices are pounded into flour and used for uji or ugali.
Metadata ID	7,720