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Dioscorea batatas

[Synonyms : *Dioscorea divaricata*, *Dioscorea japonica*, *Dioscorea opposita*, *Dioscorea oppositifolia*, *Dioscorea polystachya*]

CHINESE YAM is an invasive climbing vine. Native to temperate areas of eastern Asia (particularly China) it has very small yellowish-green flowers.

It is also known as Air potato, Chinese potato, *Chinesische Yams* (German), *Chinesische Yamswurzel* (German), Cinnamon vine, Cinnamon yam, Common yam, *Echte Yamswurzel* (German), Guiana arrowroot, *Iams kitaiskii* (Russian), *Igname de Chine* (French), Japanese yam, *Japanische Berg-Yams* (German), *Kinayams* (Danish), *Koreanische Yams* (German), Long Chinese yam, *Naga imo* (Japanese), *Pakit* (Filipino/Tagalog), *Pochrzyn chinski* (Polish), *Shan yao* (Chinese), *Shu yu* (Chinese), *Tororo imo* (Japanese), *Tsukune imo* (Japanese), *Ubi* (Indonesian, Malay), *Yama imo* (Japanese), and Yam-vine.

Warning – unprocessed tubers are poisonous and can cause internal and external irritation. *Batatas* is derived from the species name *batatas* (of sweet potato, *Ipomeoa batatas*) meaning ‘like sweet potato’.

The very long tubers (as much as 5½ ft.) are a source of food in many countries, and they also yield a cooking starch known as Guiana arrowroot. Chinese yam is eaten more than any other in China and Japan.