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The African potato (Hypoxis hemerocallidea (formerly H. rooperi) (Zulu name: inkomfe)) is high in sterols and sterolins, and has long been believed to have innumerable curative effects; it is the top-selling traditional medicine in South Africa. The term 'potato' is actually inappropriate as the underground portion of the plant is not a tuber but a corm – an interplexing of several stem nodes. The taste is bitter. Its efficacy is still a matter of considerable controversy.

Photo: Jac van Niekerk



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