PLANT FACT SHEET

Aeschynomene aspera (L./Wall.) Muhl. ex Willd.

GENUS *Aeschynomene* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The leaves and flowers are used in salads in times of food shortage. They are also cooked and eaten.

DESCRIPTION

A slender shrub or annual herb. It grows 0.5-1.5 m tall. The stems can be erect, trailing or floating. Leaves have several leaflets. These are small and narrow. The flowers are pale yellow and hang from the leaf axils. The fruit is a pod.

HABITAT

A tropical plant. It grows in wet areas of rice fields. It is also grown in tanks.

PRODUCTION

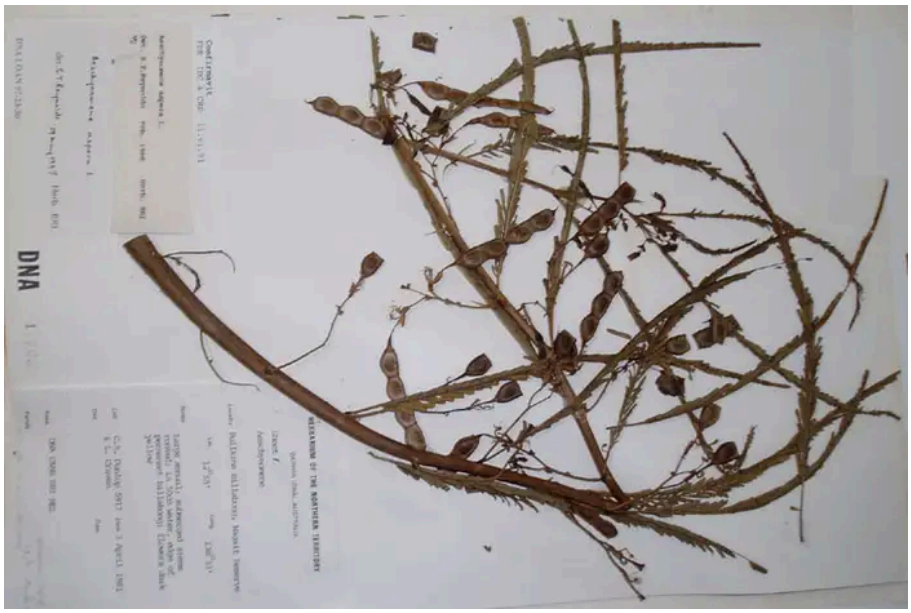
Cultivation

Plants are grown from seed.

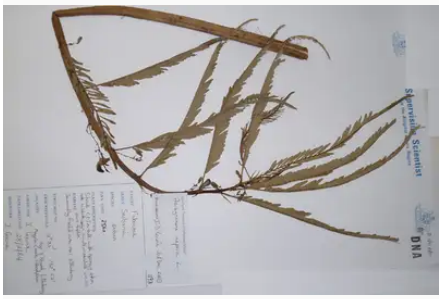
NOTES

There are 150 Aeschynomene species.
It is used as medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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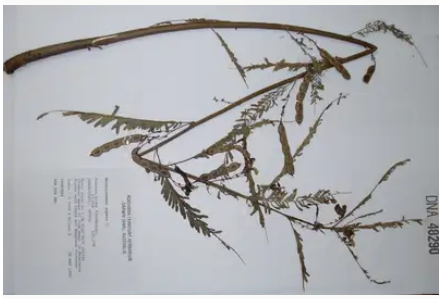

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