PLANT FACT SHEET

Sphenostylis marginata E. Mey.

GENUS *Sphenostylis* **FAMILY** Fabaceae

COMMON NAMES African yam bean

EDIBLE PARTS AND USES

Edible parts: Vegetable

DESCRIPTION

A trailing herb. It can grow 1.5 m long or tall. It has a woody rootstock. Young parts are hairy. The leaves have leaflets 4-9.5 cm long by 1.3-3.3 cm wide. The flowers are in the axils of leaves. The pods are 10 cm long by 0.6 cm wide. They narrow at each end. There are about 8 seeds.

HABITAT

It is a subtropical plant. It suits seasonally dry locations.

REFERENCES

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 222

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 61

van Wyk, Ben-Erik, 2019, The diversity and multiple uses of southern African legumes. Australian Systematic Botany, 2019, 32, 519–546

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0490adc0-dc0f-4ab4-bc1f-d7c62a1ad613