PLANT FACT SHEET

Canavalia africana Dunn

GENUS *Canavalia* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - coffee, Pods, Fruit, Vegetable

The young fruit pods are cooked and eaten as a vegetable.
The seeds are used as a famine food and as a coffee substitute.

DESCRIPTION

A trailing herb. It grows 3-15 m long. The stems are flattened and have rusty hairs. The leaflets are 6-17 cm long by 4-12 cm wide. They are oval and taper towards the tip. There are soft hairs on both surfaces. The flower clusters are 18-50 cm long. The fruit are pods 10-17 cm long by about 3 cm wide. The pods are densely hairy at first. The seeds are brown. They are 16-20 mm long by 7-11 mm wide.

HABITAT

It is a tropical plant. It grows in bare ground and near river banks, open savannah, and the edges of forests. It grows between 280-1,800 m above sea level. It can grow in arid places.

NOTES

There are about 50 Canavalia species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/17e40c2f-d15c-41ed-8ad6-9fc2863b99ae