PLANT FACT SHEET

Vigna praecox Verdc.

GENUS *Vigna* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are boiled or roasted and eaten.

DESCRIPTION

A climbing bean. It grows 3 m long. Young stems have a few flattened hairs. The leaves have 3 leaflets. It flowers in the dry season when the leaves have fallen off. They are in tight clusters. The pods are narrow and 6-10 cm long by 5.5-6.5 mm wide. There are 4-7 seeds. These are reddish-brown with black mottles.

HABITAT

It is a tropical plant.

REFERENCES

Ichikawa, M., 1980, The Utilization of Wild Food Plants by the Suiei Dorobo in Northern Kenya. J. Anthrop. Soc. Nippon. 88(1): 25-48

Mutie, F. G., 2020, Conservation of Wild Food Plants and Their Potential for Combatting Food Insecurity in Kenya as Exemplified by the Drylands of Kitui County. Plants 2020, 9, 1017

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/195f4b85-ef6d-48df-95b1-e87a07e8a204