PLANT FACT SHEET

Vigna reticulata Hook. f.

GENUS *Vigna* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Tubers, Seeds, Vegetable

The leaves and pods are cooked and eaten.
The roots are eaten as a snack or cooked as a vegetable.

DESCRIPTION

A bean family herb. It can grow each year from seed or continue to grow from year to year. It can climb or trail over the ground. Stems can be 0.6-1.5 m long. The stems are covered with reddish-brown hairs. The leaves normally have 3 leaflets. The leaflets can be 1.5-22 cm long by 0.3-4 cm wide. They have fine hairs. The small veins are close together and at right angles to the midrib. The leaf stalk is 2-8 cm long. The flowers occur in the axils of leaves. There are 2-6 flowers. The flowering stalk is 4-25 cm long. The pea like flower has a pink to red standard with a yellow centre. The wings are purple and the keel white. The fruit are pods held erect and spreading. They are 3-8 cm long and 4-4.5 mm wide. The seeds are pink to grown with dark speckles. They are oblong and 3-4 mm long by 2-3 mm wide.

HABITAT

A tropical plant. It grows in grassland and bushland in West Africa. It grows from sea level to 2,400 m above sea level. It can grow in arid places.

NOTES

There are about 150 Vigna species. They are mostly in the tropics.

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