PLANT FACT SHEET

Mucuna cochinchinensis (Lour.) A. Chev.

GENUS *Mucuna* **FAMILY** Fabaceae

COMMON NAMES Lyon's Bean, White flowered velvet bean

EDIBLE PARTS AND USES

Edible parts: Seeds, Pods, Flowers, Seeds - coffee

The fresh tender fruit are eaten as a vegetable after removing the velvety skin.
The mature seeds are cooked and eaten. They are also used to make a sauce.
The seeds are also roasted, ground and used as a coffee substitute.
The flowers are used in salads.

DESCRIPTION

A vigorous climber. It can be 10 m long. The stem is round with stripes along it. It has some soft hairs. The leaves have 3 leaflets. The leaflets are broadly oval. The end one is almost round and the side ones are unequal. The end one is 8-12 cm long by 5-8 cm wide. The leaf stalk is 8-15 cm long. The flowers are violet or blue and 4-5 cm long. The fruit are large pods 7-10 cm long by 1 cm wide. They are covered with white hairs. There are 5 egg shaped seeds.

Probably now Mucuna pruriens var. utilis

HABITAT

A tropical plant.

NOTES

There are about 100 Mucuna species. They grow in tropical places.

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