PLANT FACT SHEET

Lotus tetragonolobus Moench

GENUS *Lotus* **FAMILY** Fabaceae

COMMON NAMES Asparagus pea, Palestine winged pea, Winged pea

EDIBLE PARTS AND USES

Edible parts: Pods, Seeds, Vegetable

The pods are eaten when small (2.5 cm). They have an asparagus like flavour. They can be stir-fried, or added to soups and stews.
The seeds are eaten like peas. They are boiled and used in soups.
The roasted seeds are used in the preparation of coffee like drink.

DESCRIPTION

A spreading annual plant. The leaves have 3 leaflets. Each leaflet has teeth. There are stipules or leaf like structures which are large and green. The flowers are red. The pods are square and have wings. These are wavy. The pod contains 6-9 small reddish-brown seed.

HABITAT

It is a Mediterranean climate plant.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 100 Lotus species.

PICTURES



Credit: Food Plants International (Bruce French)



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