PLANT FACT SHEET

Flemingia vestita Benth. ex Baker f.

GENUS *Flemingia* **FAMILY** Fabaceae

COMMON NAMES Sohphlang

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The tubers can be eaten raw.

DESCRIPTION

A bean family herb. It has tuberous roots that are 6 cm long. The stem tends to lie along the ground. It is 60 cm long. The leaves are compound with leaflets along the stalk. The leaves and stems are hairy. The flowers are bright red. The fruit are pods and the seeds are round and brown or black.

HABITAT

It is a subtropical plant.

NOTES

Medicine.

REFERENCES

Kayang, H., 2007, Tribal knowledge on wild edible plants of Meghalaya, Northeast India. Indian Journal of Traditional Knowledge. Vol. 6(1), January 2007, pp. 177-181

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/39388935-20ce-494e-b827-9e9f06b09b09