PLANT FACT SHEET

Rhynchosia insignis subsp. insignis (Hoffm.) R. E. Fries

GENUS *Rhynchosia* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Roots

DESCRIPTION

A sticky herb. It grows 14-90 cm tall. It has a large rootstock 8-35 cm long by 2 cm wide. It can often lie parallel to the ground. It has several stems branching near the base. The leaves have 1-3 leaflets. These are round or oval. They are 2-9 cm long. They are softly hairy on both surfaces. The flowers are in loose groups. They usually appear when the plant is almost without leaves. The flower standard is yellow with purple veins. The fruit are sickle shaped pods 2-3 cm long. They are greenish with heavy veins.

HABITAT

It is a tropical plant. It grows between 1,100-1,875 m above sea level. It grows in grassland and woodland and often in rocky places.

REFERENCES

Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle. CTA., p 67

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/49bd79ae-b2fa-45cc-8b1c-41e652b8ce09