PLANT FACT SHEET

Lathyrus japonicus var. maritimus (L.) J.T.Kartesz & Ghandi

GENUS *Lathyrus* **FAMILY** Fabaceae

COMMON NAMES Seaside-Pea, Beach pea, Heath pea

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, pod

The very young seed pods can be stir-fried.
The immature seeds are eaten raw or boiled and served like peas. They can be used in soups.
The ripe dried seeds are powdered and made into dumplings.
They can be roasted and used as a coffee substitute.
Seeds can be sprouted and eaten.
CAUTION: The seeds should probably not be eaten in large quantities.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. It grows on sandy and gravelly shores and beaches. It grows in hardiness zones 3-7

NOTES

There are about 150 Lathyrus species.

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READ, (As Lathyrus maritimus)

UPHOF, (As Lathyrus maritimus)

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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/4a41ec38-5c25-4cfb-9bee-ff70447a1592