PLANT FACT SHEET

Vicia americana Muhl. ex Willd.

GENUS *Vicia* **FAMILY** Fabaceae

COMMON NAMES American vetch

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, pod

The seeds are used as food
The pods are used as food.
The stems are baked or boiled and eaten as greens.

DESCRIPTION

A twining plant. It grows 25-75 cm high. The leaves are alternate and compound. There are 8-14 leaflets. The stipule is small and arrow-shaped. There is a branched tendril. The flowers are bluish-purple and 25 mm long. The fruit is a smooth, flat pod. It is 30 mm long.

HABITAT

It is a temperate plant. It grows in open woods and grassland. It suits hardiness zones 3-7.

NOTES

There are about 140 Vicia species. They are mostly temperate.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4bd78f80-ade1-4ddc-b4da-ff6abda285e6