PLANT FACT SHEET

Lupinus affinis J. G. Agardh

GENUS *Lupinus* **FAMILY** Fabaceae

COMMON NAMES Fleshy lupine

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves have been roasted and eaten as greens.

DESCRIPTION

A herb. It grows 20-50 cm tall. It is hairy. The leaves have several leaflets spread out like fingers on a hand. The leaflets are 5 cm long. The flowering shoots are 20 cm long with a ring of flowers. The flowers are blue or white. The fruit is a hairy pod 5 cm long. It contains 5-8 seeds.

HABITAT

It is a temperate plant. It grows from sea level to 650 m above sea level.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb.(ACEDB version 4.0 - data version July 1994) (As Lupinus carnosulus)

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 320

PROVIDED BY **Food Plants International**

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/65788d72-1de5-4d13-ac0c-dd694af528e0