



PLANT FACT SHEET

Apios americana Medik.

GENUS *Apios* FAMILY Fabaceae

COMMON NAMES Ground nut, American potato bean, Apios, Bog potato, Cinnamon Vine, Kopniss

EDIBLE PARTS AND USES

Edible parts: Tuber, Root, Seeds, Pods

The underground tubers and roots are eaten raw, boiled, fried or roasted. They can be added to soups, stews and casseroles. They are mashed and used in bread. The tubers can be boiled in maple syrup to make a preserve.

The seeds are eaten.

The pods can be roasted and eaten.

DESCRIPTION

A herb. It is a twining vine. It grows 3-4 m long. The leaves have 5 to 7 leaflets. The flowers are in the axils of leaves. The flowers range from pink to purple. They are in long racemes. The pods are about 8 cm long. The tubers are 5 cm long and form on the rhizomes. They are 5-8 cm below ground.

HABITAT

It is a temperate plant. It grows in moist woods. It suits moist acid soils with a pH of 5 to 7. It needs a protected and partly shaded position. It suits hardiness zones 3-10.

PRODUCTION

Cultivation

Plants can be grown from seed or tubers. Tubers need some cold treatment to break their dormancy.

NOTES

There are 10 *Apios* species. For a tuber the roots are high in protein.

PICTURES



Credit: Food Plants International (Bruce French)

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