



PLANT FACT SHEET

Vigna angularis (Willd.) Ohwi & Ohashi

GENUS *Vigna* FAMILY Fabaceae

COMMON NAMES Adzuki bean, Haricot adzuki

EDIBLE PARTS AND USES

Edible parts: Pods, Seeds, Vegetable

The young pods are eaten cooked.

The seeds can be eaten cooked. They are added to soups, stews and salads.

They are boiled, mashed and sweetened.

The seeds are germinated for sprouts. They can be popped liked corn or used as a coffee substitute.

DESCRIPTION

An erect bushy bean plant. They are plants which re-grow from seed each year. Plants grow up to 60 cm tall. The flowers occur as clusters of bright yellow flowers. The fruit are pods 6-12 cm long. These contain up to 12 small oblong seeds. These can vary between red, brown and black. They are 0.5 cm long. There are several named cultivated varieties.

HABITAT

A tropical plant. They cannot stand frost but can tolerate some cold. They are short day plants forming flowers and pods when daylengths or hours of sunlight are getting shorter.

PRODUCTION

Cultivation

Seed can be pre-germinated on wet paper to get it growing more quickly. The soil temperature needs to be above 15°C. A spacing of 15 cm is suitable.

Harvesting and Seed Production

For green pods, these should be picked regularly. For dry beans, plants can be allowed to go to maturity, then pulled up and dried.

NOTES

Seeds are about 25% protein. There are about 150 *Vigna* species. They are mostly in the tropics.

PICTURES



Credit: Food Plants International (Bruce French)



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