PLANT FACT SHEET

Vigna triloba Walp.

GENUS *Vigna* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Pods, Tap - roots

The roots are eaten as a vegetable.

DESCRIPTION

A creeping plant. It grows 1-2 m long. The leaflets have 3 lobes. The flowers are yellow.

HABITAT

A tropical plant.

NOTES

It is used in medicine. There are about 150 Vigna species. They are mostly in the tropics.

REFERENCES

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 49

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 109

Linnaea 13:534. 1840 - an illegitimate, superfluous name (ICBN Art. 52) as Walpers cited Scytalis protracta E. Mey. and Dolichos triloba Thunb. (non L.)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 201

Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. Nha Xuat Ban Tre. p 962

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 80

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/79122fbb-e412-4b62-9e6f-c4cddec74977