PLANT FACT SHEET

Psophocarpus palustris Desv.

GENUS *Psophocarpus* **FAMILY** Fabaceae

COMMON NAMES African winged bean

EDIBLE PARTS AND USES

Edible parts: Leaves, Pods, Fruit, Roots, Seeds, Vegetable

The ripe seeds are eaten cooked.
The young pods and rhizomes/roots are cooked and eaten.
The leaves are also eaten.

DESCRIPTION

A bean. It is a herb that keeps growing from year to year. The leaflets are more more hairy underneath than Psophocarpus scandens. The pods are 2.5-5.5 cm long.

HABITAT

A tropical plant. It grows in tropical places. It grows in forest, palm groves and along rivers.

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