PLANT FACT SHEET

Rhynchosia caribaea (Jacq.) DC.

GENUS *Rhynchosia* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are used to prepare a porridge or a drink. The roots are dried, pounded and cooked into a porridge. It can be mixed with maize porridge.

DESCRIPTION

A herb. It keeps growing from year to year. It climbs up shrubs. It grows 1 m high. It has a taproot. The leaves are alternate and have 3 leaflets. The leaflets are 1-7 cm long by 1-7 cm wide. They are oval. The fruit are pods about 3 cm long. They have green veins. There are 2 seeds in each pod. The seeds are 4 mm across.

HABITAT

It is a subtropical plant. It grows in hot arid places with a marked dry season. It grows between 5-2,000 m above sea level. It can grow in arid places.

NOTES

There are about 200 Rhynchosia species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7edd9af9-cdfb-4aea-9d88-7d9b1c2f561b