PLANT FACT SHEET

Crotalaria longirostrata Hook. et Arn.

GENUS *Crotalaria* **FAMILY** Fabaceae

COMMON NAMES Long-beak rattlepod

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The leaves are cooked and eaten. The leaves can be ground with garlic and put on bread of added to white sauce. They add a very distinctive favour. It can be dried and stored.
Caution: Some Crotalarias contain alkaloids and this plant should probably be eaten only in small amounts in soups.

DESCRIPTION

A herb or shrub. It is erect and grows 1.5 m high. The leaves are deep green. They are compound and alternate. The flowers are yellow.

HABITAT

A tropical plant. It will grow to 2,300 m in Guatemala.

PRODUCTION

Harvesting and Seed Production

It grows very quickly during the rainy season. It will produce edible leaves for 6 months before needing replanting.

NOTES

There are about 550 Crotalaria species. They are mostly tropical. It strongly fixes nitrogen improving the soil.

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