PLANT FACT SHEET

Psophocarpus grandiflorus R. Wilczek

GENUS *Psophocarpus* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Pods, Seeds, Vegetable

The leaves and pods are boiled in water or milk then eaten.
The mature seeds are roasted and eaten.

DESCRIPTION

A herb. It is a climbing plant that keeps growing from year to year. It grows 5 m long. It may have tuberous roots. The stems have flattened hairs. The leaves have 3 broad leaflets. The flowers are large and purple or pale blue. The pods have wings. The seeds are large.

HABITAT

It is a tropical plant. In Congo it grows between 1,600-2,300 m altitude.

NOTES

There are 9 Psophocarpus species.
It can get the rust fungus (Synchytrium psophocarpi)

REFERENCES

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Harder, D., Lolema, O. P. M. & Tshisand, M., 1990, Use, Nutritional Composition and Ecogeography of Four Species of Psophocarpus (Fabaceae, Phaseoleae) in Zaire. Economic Botany, Vol. 44, No. 3 pp. 391-409

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