PLANT FACT SHEET

Indigofera arrecta Hochst. ex A. Rich.

GENUS *Indigofera* **FAMILY** Fabaceae

COMMON NAMES Indigo, Bengal indigo, Java indigo, Natal indigo

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Vegetable

The young leaves are eaten.

DESCRIPTION

A herb or small shrub. It grows up to 2-4 m high. It keeps growing from year to year. The stems are partly woody. The leaflets are slightly hairy. The flowers are pink or brown. There are 4-6 seeds.

HABITAT

A tropical plant. It grows naturally in tropical Africa in savannah.

NOTES

There are about 700 Indigofera species. They grow in the tropics and subtropics.

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 286

Bahru, T., et al, 2013, Wild Edible Plants: Sustainable Use and Management by Indigenous Communities in and the Buffer Area of Awah National Park, Ethiopia. Ethiop. J. Sci., 36(2): 93-108

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 3. Kew.

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1258

East African Herbarium records, 1981,

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 81

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 562

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 199

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 134

Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. Nha Xuat Ban Tre. p 911

Smith, P.M., 1979, Indigo, in Simmonds, N.W., (ed), Crop Plant Evolution. Longmans. London. p 312

Tent. fl. abyss. 1:184. 1847

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 52

Vickery, M.L. and Vickery, B., 1979, Plant Products of Tropical Africa, Macmillan. p 100

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/9b5f239a-e579-4a6b-b8c3-c5fc90a74f58