PLANT FACT SHEET

Lotus edulis L.

GENUS *Lotus* **FAMILY** Fabaceae

COMMON NAMES Asparagus Pea, Bird's-foot trefoil

EDIBLE PARTS AND USES

Edible parts: Pods, Seeds, Leaves

The pods are eaten fresh. The seeds are eaten raw.

DESCRIPTION

A low spreading herb. It is an annual plant and slightly hairy. The leaves have leaflets along the stalk. These are oblong and often broadest above the middle. The flowers are yellow. They have a purple tip to the keel. The flowers are 10-16 mm long. They can occur singly or in pairs on stalks longer than the leaves. The pod is oblong, curved and very inflated. They are 20-40 mm long. They are grooved on the back.

HABITAT

It is a Mediterranean climate plant. It grows in fields and stony places. It grows in areas with an annual rainfall above 300 mm. It grows in dry soils. It grows below 1,500 m above sea level. It can grow in arid places.

NOTES

There are about 100 Lotus species.

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