



PLANT FACT SHEET

Lupinus albus L.

GENUS *Lupinus* FAMILY Fabaceae

COMMON NAMES White lupin, Egyptian lupin

EDIBLE PARTS AND USES

Edible parts: Seeds, Vegetable, Leaves, Flowers

The seeds are used as food. They are soaked for about 3 days in salted water then cooked and eaten or used in soups. The toasted seeds are eaten as a snack.

The flower stalks are pickled and eaten.

The ground seeds are mixed with bread flour. The roasted seeds are used as a coffee substitute.

CAUTION: They contain a toxic element which is removed by soaking or boiling.

There are sweet lupin kinds that can be eaten without treatment due to their low alkaloid content.

DESCRIPTION

An erect annual herb. It grows 1.2 m high. The leaves have leaflets spread out like fingers on a hand. The flowers are white and in clusters. The pods are 60-100 mm long. The pods are hairy. The pods turn yellow when ripe. The seeds are usually white.

HABITAT

It grows in temperate places. It is grown at higher altitudes in the tropics. It grows where temperatures are 15°-25°C. It will tolerate cold but not high temperatures. It can tolerate frost. It grows in areas with an annual rainfall between 360 and 500 mm and 1,800 - 3,000 m above sea level in tropical zones. It can grow in acid, neutral or alkaline soils. It can grow in salty soils. It is a long day plant. It can grow in arid places.

NOTES

There are about 200 *Lupinus* species.

PICTURES



Credit: Food Plants International (Bruce French)



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