

Sphenostylis stenocarpa

Common name(s)

African yam bean,

Edible portion:

Seeds, Leaves, Tubers, Root, Pods, Vegetable,

Distribution

It is a tropical plant. It grows from sea level up to 1800 m altitude. It grows in grassland and woodland and sometimes in marshy sites. It can grow in arid places.

Description

A vigorous climbing vine. It is a herb that grows 1.5-2 m high. The leaves have 3 leaflets. They are 14 cm long and 5 cm wide. The flowers are pink, purple or greenish-white. They are 2.5 cm long. They are on stout stalks in the axils of leaves. The seed pods are smooth. They are flat but have both edges raised. They are 25-30 cm long by 1-1.5 cm wide. The seeds vary in shape, size and colour. They can be 1 cm long by 0.7 cm wide. They can be cream or brown. There are small narrow tubers under the ground. They can be 5-7.5 cm long and weigh 50-150 g. The flesh is white and watery.

Use

The pods, leaves, seeds and tubers are cooked and eaten. They are used in soups or with maize or rice.

The hard seeds need to be soaked in water for 12 hours before cooking and being ground.

The tubers are cooked and eaten.

Cultivation

It can be grown from seed or tubers.

Production

Tubers are ready for harvest about 8 months after planting. The seeds are produced after 5 months. Tubers can weigh 500 g.

Nutritional values

Edible Part	Moisture %	Energy kJ	Energy kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
(per 100 grams of edible portion)								
Seeds	0	1578	378	1.8			550	
Seeds	9.0	1470	352	19.2				
Tubers	64.0	542	130	3.8				
Seeds boiled	67.9	485	115	7.0			1.3	1.1



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Indexing Data (print optional)

Found in

Africa, Angola, Benin, Burkina Faso, Burundi, Cameroon, Central Africa, Chad, Congo DR, Côte d'Ivoire, East Africa, Ethiopia*, Ghana, Guinea, Guinée, Ivory Coast, Kenya, Malawi, Mozambique, Nigeria, Southern Africa, Tanzania, Togo, Uganda, West Africa, Zambia, Zimbabwe,

Synonyms

Dolichos stenocarpa (Hochst.);
Sphenostylis congesta A. Chev.;
Vigna ornata Welw. ex Bak.;

Other common names

Adagora barracha, Amalumbwe, Chinaka, Chinkhoma, Diegemtenguere, Girigiri, Ground Squirrel's bean, Ignose haricot, Mpempo, N'taco, Nkhoma, Norouko, Nsama, Odudu, Okpa odudu, Pempo, Sese,

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