PLANT FACT SHEET

Vicia benghalensis L.

GENUS *Vicia* **FAMILY** Fabaceae

COMMON NAMES Purple vetch

EDIBLE PARTS AND USES

Edible parts: Seeds

The unripe seeds are eaten raw.

DESCRIPTION

A herb. It grows 60 cm tall.

HABITAT

It is a temperate to subtropical plant.

PRODUCTION

Cultivation

Plants can be grown from seed. Sometimes the hard seed coat needs to be broken.

REFERENCES

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 224

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b2c66a87-4c22-4f7b-aca0-deaa8ce46434