PLANT FACT SHEET

Aeschynomene indica L.

GENUS *Aeschynomene* **FAMILY** Fabaceae

COMMON NAMES Sensitive joint vetch

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root

The flowers are eaten.
The leaves are eaten fresh or parboiled and added to soups. They can also be cooked as a potherb or stir-fried.
The whole plant is dried in the shade, finely chopped, roasted and used as a tea substitute.

DESCRIPTION

An erect annual or perennial plant. It grows in water. It is 1.5-2 m tall. The leaves have an even number of leaflets along the stalk. There are 20 or more pairs. They do not have leaf stalks. They are 3-8 mm long by 1-3 mm wide. The flowers are yellow streaked with orange, brown or purple. They are pea like or like a butterfly. The fruit are narrow pods. They are 3-4 cm long and 3-4 mm wide They break into several one seeded sections.

HABITAT

A tropical plant. It grows in marshes. It can grow on sandy or clayey soils and the edges of creeks. It grows in wet grassland savannah. In Zimbabwe it grows up to 1,200 m above sea level.

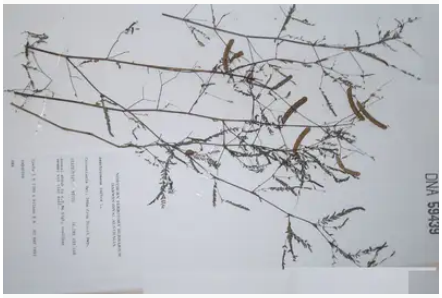
NOTES

There are 150 Aeschynomene species.

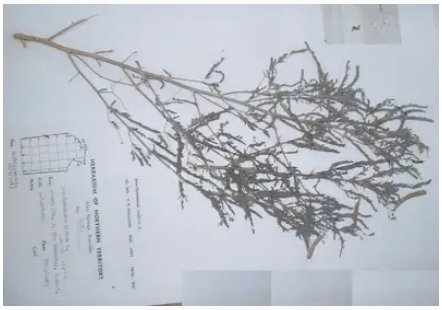
PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bae6dec2-06d0-48b3-b2e6-8e232bd49dfd