PLANT FACT SHEET

Vigna luteola (Jacq.) Benth.

GENUS *Vigna* **FAMILY** Fabaceae

COMMON NAMES Hairypod cowpea, Chinese dolichos, Clay pea

EDIBLE PARTS AND USES

Edible parts: Flowers, Roots, Seeds, Leaves, Vegetable

The roots are eaten raw. They have sweet juice.
The flowers are used in savoury dishes. They are cooked and eaten.
The young seeds are cooked and eaten.

DESCRIPTION

A climbing herb. The stems are slender. They are tough and creeping. It keeps growing from year to year. They can be 6 m long. The leaves are alternate and have 3 leaflets. The leaflets are narrowly oval and 3-10 cm long by 1-5 cm wide. The flowers are yellow and like pea flowers. The fruit are long narrow pods. It is 6-8 cm long. They hang down. The seeds are dark red-brown or can be grey brown speckled with black. They are oblong.

HABITAT

A tropical plant. It grows from sea level to 2,200 m altitude. It needs a rainfall of 1,250 mm or more. It grows in water or in permanently waterlogged sites. It can be along the edges of mangroves. It can grow in arid places. In Taiwan it grows below 100 m above sea level.

PRODUCTION

Harvesting and Seed Production

In Malawi the roots are eaten in February and March.

NOTES

There are about 150 Vigna species. They are mostly in the tropics.

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