PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Entada phaseoloides (L.) Merr.

GENUS *Entada* **FAMILY** Fabaceae

COMMON NAMES Match box bean

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Nuts, Fruit, Pods

The seeds are edible cooked. They are eaten after roasting, baking, grinding, and immersing in running water for 10-12 hours. They contain two saponins.
The leaves are eaten both raw and cooked.
The young tender pods are eaten.

DESCRIPTION

A tree climber which forms loops between branches. The stems are thick 12 cm across and irregularly round. They are twisted or have an irregular spiral. The small branches are slender. The leaves have long leaf stalks. The leaves are twice divided. The leaflets are 2.5 to 5 cm long and like leather. The flower stalk is 15 cm or more long. The flowers are 2 to 3 mm long and attached without a stalk. They are yellowish white. They are crowded on a long spike in the axils of leaves. The few pods hang down and the beans have flattened sides and are chocolate brown. They can be 1 m long. They are woody and jointed between the seeds.

HABITAT

It is a tropical plant. It is sensitive to cold. It needs well drained soils. They are found throughout the Philippines occurring everywhere in tropical forests. In Yunnan in China it grows between 800-1300 m altitude. It grows in subtropical broadleaved evergreen forest. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed. The hard seed coat needs to be cut prior to sowing.

NOTES

There are about 30 Entada species. They occur in the tropics. Also as Mimosaceae.

PICTURES



Credit: Food Plants International (Bruce French)



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