PLANT FACT SHEET

Teramnus labialis (L. f.) Spreng.

GENUS *Teramnus* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The very young leaves are cooked and eaten.

DESCRIPTION

A variable climbing or trailing herb. It grows 30 cm to 3 m long. The rootstocks are woody and the stems slender. Sometimes plants root at the nodes. The leaves are made up of rounded leaflets 1-8 cm long by 0.5-4 cm wide. They taper towards the tip and are rounded at the base. The leaf stalk is 0.9-4 cm long. The flowering stalk is slender with few flowers. The fruit are 2.5-6 cm long and 2-4 mm wide. The seeds can be smooth or covered with a grainy crust. There are 2 subspecies in West Africa.

HABITAT

A tropical plant. It grows in slightly dry places. In Papua New Guinea it grows from sea level to 100 m altitude. In Africa it grows in grassland between 600-1,800 m above sea level.

NOTES

There are 8 Teramnus species.

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