PLANT FACT SHEET

Vigna unguiculata subsp. pubescens (R. Wilczek) Pasquet

GENUS *Vigna* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are chopped and cooked alone or with other vegetables.

DESCRIPTION

A hairy climbing herb. It grows 1-2 m long. They are covered with white hairs. The leaves are compound with 3 leaflets. They are hairy on both sides. The central leaf is largest and 5-10 cm long. It can have 3 lobes. The flowers are pea shaped and purple. The fruit are erect pods. They are cylinder shaped and 5-8 cm long. They are covered with short hairs. There are 15-18 seeds. They are dark red and have black speckles.

HABITAT

It is a tropical plant. It grows in grassland. In Tanzania it grows between sea level and 1,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season.
The seeds are collected during the early dry season.
Dried leaves and seeds can be stored for several months.

REFERENCES

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 712 (As Vigna pubescens)

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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/c629bc9b-36e3-423a-b198-4d0c137a0540