PLANT FACT SHEET

Nesphostylis bracteata (Baker) D. Potter & J. J. Doyle

GENUS *Nesphostylis* **FAMILY** Fabaceae

COMMON NAMES Indian nesphostylis

EDIBLE PARTS AND USES

Edible parts: Leaves, Tubers, Root, Seeds, Pods

The tubers are eaten.

DESCRIPTION

A climbing herb. It keeps growing from year to year. The leaves have 3 leaflet. The flowers occur singly in the axils of leaves. The flowers are large and blue or purple. The fruit are narrow pods. There are many seeds.

HABITAT

A tropical plant. It suits the wet tropics.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 182 (As Dolichos bracteatus)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 199 (As Dolichos bracteatus)

Rahangdale, D. R. & Rahangdale, S.S., 2014, Potential Wild Edible Plant Resources from Maharashtra: Future Prospects for their Conservation and Improvement. Life Sciences Leaflets ISSN 0976-1098 (As Sphenostylis bracteata)

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 45 (As Dolichos bracteatus)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c7deb739-078e-4ca1-879c-d07505264be6