PLANT FACT SHEET

Vigna macrorhyncha (Harms) Milne-Redh.

GENUS *Vigna* **FAMILY** Fabaceae

EDIBLE PARTS AND USES

Edible parts: Root, Tuber

The roots are peeled and eaten raw or lightly roasted.

DESCRIPTION

A herb. It can lie along the ground or be a climber. It grows 1.2 m high. The thick rootstock can be 18 cm long by 2-3 cm across. There are rounded tubers about 50 cm deep. The leaves have leaflets that are narrowly oval and 1-9 cm long by 0.3-6.5 cm wide. The flowering shoots are 2-20 cm long. The flower standard is pale purple inside and dull purple or green outside. The pods are 5-14 cm long by 3-4 mm wide. They are almost straight.

HABITAT

It is a tropical plant. It grows in dry areas. It can be in woodland or grassland. It grows below 2,100 m above sea level. It can grow in arid places.

NOTES

One kg of tubers can have 780 calories.

REFERENCES

East African Herbarium records, 1981, 5/04/2023

Ichikawa, M., 1980, The Utilization of Wild Food Plants by the Suiei Dorobo in Northern Kenya. J. Anthrop. Soc. Nippon. 88(1): 25-48

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 139

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 1st May 2011]

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/c8d8e897-b5d8-46b0-b1cc-a81cd9b30382