PLANT FACT SHEET

Vigna trilobata (L.) Verdc.

GENUS *Vigna* **FAMILY** Fabaceae

COMMON NAMES Arak moth, African gram, Jangli moth, Jungle mat bean

EDIBLE PARTS AND USES

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

The seeds are eaten cooked.
The leaves are cooked and eaten as a vegetable.
The young pods are cooked and eaten.
The roots yield a kind of arrowroot starch.

DESCRIPTION

A climbing herb. It grows to 50 cm high. The stems are hairy. The leaflets usually have deep lobes. The lobes are wider at the top. They are 0.8-4.5 cm long and 0.6-4 cm wide. They have fine hairs. The leaf stalk is 0.8-11 cm long. The flowers occur as a few together on short stalks. The flowers are white. The fruit are pods 1.5-4 cm long and 0.3 mm wide.

HABITAT

It grows in tropical places. It grows on grassland and sandy ridges. In Papua New Guinea is occurs from sea level to 5 m altitude. In India it grows up to 2,000 m altitude. In Yunnan.

NOTES

There are about 150 Vigna species. They are mostly in the tropics.

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