PLANT FACT SHEET

Dolichos trilobus L.

GENUS *Dolichos* **FAMILY** Fabaceae

COMMON NAMES Japanese arrowroot

EDIBLE PARTS AND USES

Edible parts: Tubers, Roots, Seeds

The seeds are edible. They are collected and cooked while fresh or after being dried in the sun.

DESCRIPTION

A bean plant. It is a twining herb. It keeps growing from year to year from root tubers. The leaves are compound with 3 leaflets. The leaf stalks are 2-3 cm long. The leaflets are 4 sided and 2-6 cm long by 2-5 cm wide. The flowering shoots are in the axils of leaves and there are 1-4 flowers in a group. The fruit is a pod 6 cm long by 8 mm wide. It is slightly curved. There are 6-7 seeds.

HABITAT

It is a tropical plant. It grows in grassland and bushland. It grows from sea level to 1,200 m above sea level in Tanzania.

PRODUCTION

Cultivation

It can be grown from fresh seed.

Harvesting and Seed Production

Dried seeds can be stored for several months.

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