PLANT FACT SHEET

Inga spectabilis (Vahl) Willd.

GENUS *Inga* **FAMILY** Fabaceae

COMMON NAMES Ice cream bean

EDIBLE PARTS AND USES

Edible parts: Fruit - aril, pod

The pulp of the pod is eaten raw.

DESCRIPTION

A tree. It grows 5-20 m tall. The branches are angular and hairy. The leaves are compound and alternate. There are 2 pairs of leaflets. The end pair are the largest. The leaves are 10-30 cm long by 5-18 cm wide. The fruit is a pod. They are 20-80 cm long by 4-5 cm wide and 2-3 cm thick. It is constricted between the seeds. The pod has black seeds. The pulp is white.

HABITAT

A tropical plant. It grows in tropical America. In Panama it grows up to 1,000 m altitude.

PRODUCTION

Cultivation

Plants grow easily from fresh seeds. Seeds germinate in 1-2 weeks given moisture and shade.

NOTES

There are 350 Inga species. Also as Mimosaceae.

PICTURES



Credit: Food Plants International (Bruce French)



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