PLANT FACT SHEET

Entada gigas (L.) Fawcett & Rendle

GENUS *Entada* **FAMILY** Fabaceae

COMMON NAMES Sea-bean

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The seeds are roasted and eaten.
The stem sap is used as a drink.
The young shoots are boiled and the water discarded and then eaten as a vegetable.

DESCRIPTION

A woody climber. The fruit is a long woody pod. It can be 1-2 m long. The seeds are heart shaped and can be 6 cm across. They are a shiny deep red to brown.

HABITAT

A tropical plant. It grows in low elevation, wet places.

NOTES

There are about 30 Entada species. They occur in the tropics. Also as Mimosaceae.

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