PLANT FACT SHEET

Flemingia procumbens Roxb.

GENUS *Flemingia* **FAMILY** Fabaceae

COMMON NAMES Sohphlong

EDIBLE PARTS AND USES

Edible parts: Roots, Tubers

The soft fleshy tubers are eaten. They can be eaten raw or roasted. They are also used as a source of starch.

DESCRIPTION

A small shrub. It grows 1 m high. The roots form tubers. The tubers are smooth and long. They are soft and 3-5 cm long. The leaves have 3 leaflets like fingers. The leaf stalk is 1-2 cm long. The leafy growths (stipules) near the base of the leaves is sword shaped and 0.5 cm long. The leaflets are oblong and 4-6 cm long by 2-3 cm wide. They are softly hairy. The flowers are in a compact group 2 cm long. The petals are like tongues. They are red or purplish. The fruit is an inflated pod 7 mm long. It contains 2 black kidney shaped seeds. These are 2 mm long.

HABITAT

A tropical plant. It grows in savannah grassland and on roadsides. It grows between 1000-3000 m altitude. It is cultivated in the hills in Assam in India. It grows in mountainous tracts in Assam between 1,000-1,600 m altitude. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It is grown from small tubers plants in holes about 10-15 cm deep. They are spaced 25 cm apart. It is also inter-cropped with potatoes.

Harvesting and Seed Production

It takes 7 months to grow. The yield of tubers can be 10t/ha.

NOTES

The tubers are rich in starch. There are about 35 Flemingia species.

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