



PLANT FACT SHEET



Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Vicia gigantea Hook.

GENUS *Vicia* FAMILY Fabaceae

COMMON NAMES Giant vetch

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds have been roasted and eaten.

Caution: The seeds may be poisonous and should be eaten with caution.

DESCRIPTION

A succulent climbing herb. It keeps growing from year to year. It grows 1-2 m tall. The stems are soft, ridged and green. The leaves are compound. They have 19-29 long leaflets. These are 2-4 cm long. They form 2 rows along the central stem. There is a tendril at the end. The flowers are pea-like. They can be pale or purple. They are in clusters of 6 to 14. The ripe pods are 2-5 cm long. They are like pea pods and black. They contain 3 or 4 round seeds.

HABITAT

It grows coastal areas. It can be inland in moist forest clearings.

NOTES

There are about 140 *Vicia* species. They are mostly temperate.

REFERENCES

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PROVIDED BY Food Plants International

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/f6aaff34-cbd6-4452-8760-02cbae22b34c>