

**Common names**

Fabaceae

Java bean, Foetid Cassia,**Scientific name*****Senna obtusifolia*****Edible portion**

Leaves, Leaves - flavouring, Seeds - coffee, Seeds, Vegetable,

Description

An annual or perennial herb. Often it has a bad smell. It can be a shrub 0.6-2.5 m tall. It has slightly hairy stems. The leaf stalk does not have a gland but the axis of the leaf does. The leaf has leaflets in 3 pairs. They are oval and 1-6 cm long by 0.5-3.9 cm wide. The top of the leaf is rounded but with a sharp tip. It is wedge shaped at the base. The flower stalks have one or 2 flowers. The stalk for the flower cluster is very short, but the stalk for the individual flowers is 1-3.5 cm long. The flower petals are orange-yellow and 1-2 cm long. The fruits are thin slightly curved and tapering pods. They are 13-23 cm long and 4-7 mm wide. The seeds are brown. They are 4.5-6.5 cm long by 2-4 mm wide.

Distribution

A tropical plant. It grows throughout the tropics. It is mostly a weed of roadsides and waste places. It grows from sea level to 2,000 m altitude. In Papua New Guinea it grows at about 80 m altitude. It grows along rivers and near lakes. In Africa it grows up to 1,700 m altitude. It can grow in arid places.

Found in:

Africa, Angola, Argentina, Asia, Australia, Bahamas, Benin, Bolivia, Botswana, Brazil, Burkina Faso, Burundi, Cameroon, Caribbean, Central Africa, Central America, Chad, Colombia, Congo, Costa Rica, Côte d'Ivoire, Dominican Republic, East Africa, Ecuador, El Salvador, Equatorial-Guinea, Ethiopia, Fiji, French Guiana, Gabon, Gambia, Ghana, Guatemala, Guiana, Guianas, Guinea, Guinée, Guinea-Bissau, Guyana, Haiti, Hawaii, India, Indochina, Indonesia, Ivory Coast, Kenya, Laos, Liberia, Libya, Malawi, Malaysia, Mali, Mauritania, Mauritius, Mexico, Middle East, Mozambique, Myanmar, Namibia, Nicaragua, Niger, Nigeria, North Africa, North America, Oman, Pacific, Pakistan, Panama, Papua New Guinea, PNG, Paraguay, Peru, Reunion, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, Socotra, Somalia, South Africa, Southern Africa, South America, S Sudan, Sudan, Suriname, Tanzania, Togo, Uganda, USA, Venezuela, Vietnam, West Africa, West Indies, Yemen, Zambia, Zimbabwe.

Use

The young leaves are cooked and used as a vegetable. Caution: Older leaves can cause diarrhoea.

The leaves are fermented into a high protein supplement to meat. The juice during fermentation is made into a stew with okra, beef and salt.

The seeds are occasionally dried and ground into powder and cooked and eaten. Caution: The seeds are possibly poisonous and should be well cooked. Seeds are also roasted and used as a coffee substitute.

Cultivation

It can be grown from seed.

Production

The tender leaves are plucked off the plant.



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Nutritional Values

Senna obtusifolia

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A μg	Vit C mg	Iron mg	Zinc mg
Leaves		79.7	251	60	5.6		113	5.9	
Seeds									

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