

WING BEAN

(Psophocarpus tetragonolobus)



A few facts

- Also known as Goa bean
- The bean is native to New Guinea, but widespread across Asia
- It is a climbing vine in the legume family (Fabaceae)
- The seed pod or bean is eaten and other parts can also be eaten
- Easy to grow and loves warm humid conditions
- Grows all year, especially loves wet season
- Like snake beans these always grow in pairs
- All of the plant is edible even the roots

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(Psophocarpus tetragonolobus)

How to grow

- Wing bean is easily grown all year round, in the full sun, in a free draining place.
- It needs a trellis to climb, this could be a fence, bamboo or other structure. It takes from 30 days to create beans. Fertilise with organic fertiliser occasionally

How to grow more

- Easily grown from seed, collected from dried older wing beans
- Plant these seeds at least 50cm apart directly into the ground or grow in small pots until sprouted
- One vine goes a long way

When to plant them/ grow them

- These can be planted all year round, but loves humid conditions (wet season) especially.

How to eat them

- The bean is eaten when small and soft, before the middle becomes hard.
- Wing bean is great raw or steamed a little in salads or just in a side dish of steamed greens. Best to be cut cross ways into small pieces.
- They can be used in curries, soups and many dishes- best added at the end not to over cook it.
- The seed pods contain vitamin C, A, calcium and iron.
- Some cultures eat the root and shoots