

Lablab bean

Summer-growing annual or occasionally short-lived perennial legume

Lablab purpureus

Known by many other names in tropical and sub-tropical areas:
native of Africa

Suitable for summer in S.E. Qld

- Fast-growing - can grow 2m or more vertically in ideal conditions: 2 m wide: needs supporting frame
- Pods are 4-6 cm long with about 4-5 seeds
- Beautiful, fragrant flowers that attract butterflies
- Dual-purpose plant:
 1. Edible seeds, leaves and immature pod
 2. Green manure or cover crop – nitrogen fixer

GROWING

Grows in wide range of soils - deep sand to heavy clay (provided drainage is good) and pH 4.5-7.5.

Low salt tolerance.

Likes good rainfall but drought tolerant when established.

Prefers full sun: temperature 18 - 30°C

Flowers form about 55 days.

USING

- Use mature seeds as beans - soak before use. Can be cooked and served mashed – with or without skins.
- Cook immature pods as for snow-peas
- Cook tender leaves as for spinach – discard cooking liquid

