

Uses

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| ID | 1,215 |
| Crop ID | Hyacinth Bean |
| Part | Seed |
| Use Category | Food |
| Notes | The young green pods and immature seeds are eaten boiled. Elsewhere, e.g. in northern Nigeria and Kenya , the dry seeds are eaten as a pulse although they require prolonged cooking with several changes of water. |
| Metadata ID | 8,406 |