

Uses

ID	1,356
Crop ID	Winged Bean
Part	Flower
Use Category	Food
Notes	Flowers and flower buds - raw or cooked. A sweet flavour, they make a nice addition to salads. They can also be added towards the end of cooking to soups, stews, curries etc. The light blue flowers are also used as a colouring in foods.
Metadata ID	8,436