

# Uses

ID	1,622
Crop ID	Bambara Groundnut
Part	Seed
Use Category	Food
Notes	Bambara groundnut is grown primarily for its seeds, which are used in many types of foods, some of which are an important part of the diet and play a role in traditional ceremonies (e.g. funeral rites) and gift exchanges. Mature, dry seeds are boiled and eaten as a pulse.
Metadata ID	8,777