



## Food: Just Grow It!



# WINGED BEAN

The winged bean is also known as goa bean and princess bean. The climbing plant is similar in appearance and growth habit to the ordinary garden pole bean. The pointed 3-6 inch long leaves are produced on weak vining stems. Some varieties of the plant produce a large, tuberous root that is eaten both cooked and raw in the Orient. At maturity, the pods are 6-9 inches long and 1½ inches broad, with four angled leaflike wings running lengthwise to the pods. Seeds are round and green when mature, similar to soybeans. Root and seed are high in protein. Much publicity has been given this bean because of its high protein content and the edibility of so many parts. Young pods at the 4-6 inch stage are eaten and prepared much as are bush snap beans.

### Types & Climatic Requirements

Since most varieties of winged beans need short days to initiate flowering, yet are frost sensitive, they must be grown during the winter in South Florida while the days are short. Farther north, the shorter days of late fall give best results. Seeds for planting are not easy to find, although some seed catalogs advertise them. Plants grow best under hot, wet conditions and grow best with 60 to 100 inches of rainfall or irrigation per year.

### Cultivation

Winged beans are grown commercially in South Florida to a limited extent. They are found in home gardens where they are grown both as a novelty and as a food crop. Those interested in trying this vegetable should prepare the soil, plant the seed, and care for the

plants just as for pole beans. It is a good soil-nitrifying legume.

### Soil Management & Fertilizers

Winged bean can be grown in a range of soils as long as it has good drainage. Work in well rotted compost and 8-8-8 fertilizer before planting. The plant can fix its own nitrogen if the Rhizobium bacteria is present in the soil. Add additional fertilizer after the pods begin to develop.

### Planting

Seeds are difficult to germinate so should be scarified or soaked in water overnight before planting. Plant seeds 1 inch deep, two feet apart, set rows 4 feet apart. Trellised vines produce more than untrellised vines.

### Irrigation & Cultivation

Winged bean flowers during periods with short day lengths. Pods are harvested when still tender, about 2 weeks after pollination.

### Insect & Disease Control

Pests and diseases may include mites, nematodes and powdery mildew.

### Seed Availability

For the purposes of the Food: Just Grow It! Project, seeds of winged bean are available from the project directors at the University of Hawaii.

**Information from:** University of Florida, Institute of Food and Agricultural Sciences (UF/IFAS). Written by James M. Stephens.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (31g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 10	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars --g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	