

Psophocarpus tetragonolobus

[Synonyms : *Botor tetragonolobus*, *Dolichos tetragonolobus*]

WINGED BEAN is a twining climbing vine. Native to tropical Asia it has small pea-like, pale blue (occasionally white) flowers.

It is also known as Asparagus bean, Asparagus pea, *Chaudhaari-phali* (Hindi), *Chipir* (Javanese), *Cigarillas* (Filipino/Tagalog), *Dara-dhambala* (Singhalese), *Dâu rông* (Vietnamese), *Dólico de Goa* (Spanish), *Fagiolo quadrato* (Italian), *Fava de cavalo* (Portuguese), Four-angled bean, *Frijol alado* (Spanish), Goa bean, *Goaboenne* (Danish), *Goabohne* (German), *Goabønne* (Danish), *Goanpapu* (Finnish), *Haricot ailé* (French), *Hto pong* (Burmese), *Jaat* (Sundanese), *Judia careta* (Spanish), *Kacang botol* (Malay), *Kacang botor* (Malay), *Kacang kelisa* (Malay), *Kacang sirek* (Malay), *Kachang belimbing* (Malay), *Kachang botor* (Malay), *Kalamismis* (Filipino/Tagalog), *Kechang bolon* (Malay), *Kecipir* (Javanese), *Kethipir* (Javanese), *Ketjeeper* (Javanese), *Ketjipir* (Dutch), *Ku bemya* (Burmese), Manila bean, *Pe saung ya* (Burmese), *Pois ailé* (French), *Pois asperge* (French), *Pois carré* (French), *Prâpiëy* (Khmer), Prince's pea, Princess bean, Princess pea, *Rachong belim bing* (Malay), *Segidilla* (Filipino/Tagalog), *Shikaku mame* (Japanese), Short day asparagus pea, *Sigarilya* (Filipino/Tagalog), *Si jiao dou* (Chinese), *Si leng dou* (Chinese), Supermarket bean, *Thua phuu* (Thai), *Thwàx ph'uu* (Lao), *Tua pu* (Thai), *Vingböna* (Swedish), Winged-four angled bean, and Winged pea.

Tetragonolobus is derived from Greek *tetra-* (four), *-gonia* (angle) and *lobos* (pod) components meaning 'with four-angled pods'.

Cultivated locally the tuberous roots, young shoots, leaves, unripe pods and ripe seeds are eaten as vegetables (sometimes raw) or cooked in soup. In Papua New Guinea the pods are considered a local delicacy. One authority has even claimed at the end of the 20th Century that this could be the future 'soya bean (*Glycine max*) of the tropics'.

The seeds, which in Java (now an Indonesian island) are eaten with rice (*Oryza*) when ripe, dried or roasted, yield large quantities of high protein oil. There they also eat the young leaves, the shoots or the pods raw or steamed. Some dishes are coloured blue with the addition of the flowers.

The whole plant including the roots is said to contain more protein than potato (*Solanum tuberosum*) or cassava (*Manihot esculenta*).

Medicinally, the roots have been used in south-eastern Asia in poultices to treat vertigo and the leaves have been an ingredient in a lotion used in the treatment of smallpox.