

Favourite Plant: *Apios Americana*, Groundnut, potato bean, hopeniss, Indian potato, wild bean

Family: *Fabaceae*, Pea family (legume).

Description: a perennial vine, growing to 10', native to eastern North America (including the Maritimes), and bears edible beans and large edible tubers.

Leaves: Alternate, odd pinnate with 3-7 leaflets.



Bloom Time: Mid Summer, Late Summer, Early Fall.

Flowers: Unique pea-like racemes, pink on the outside, and maroon to brown on the inside .



Seed: Late summer and autumn, 2-5 inch , linear pods each containing a few beans, edible when cooked. Plant rarely sets seed in northern range but regularly in the southern range.

Roots: Cord-like rootstock with underground edible tubers in chains connected by a rhizome of forming an interconnected network. Tubers range from the size of a grape to larger than a grapefruit. The tubers contain 17% high quality legume protein (many times more than potatoes). They increase in size and number each year. They can be used in soups and stews or fried like potatoes, roasted, or ground into flour for bread. The flavor of this vegetable is somewhere between peanuts and potatoes.

These wild tubers were harvested by Native North Americans and saved early Settlers from starvation.



Habitat: moist thickets, moist woods, stream banks, flood plains, and lake edges. Thrives in full to partial sun.

Range: Quebec, Ontario, New Brunswick and Nova Scotia in Canada south across the United States to Texas and Florida and from the Great Plains to the Atlantic coast.

Attracts: Butterflies, Larval host of Silver-spotted Skipper (*Epargyreus clarus*)

Propagation Methods: By dividing rhizomes, tubers, corms or bulbs (including offsets)

From seed- direct sow outdoors in fall or direct sow after last frost. Groundnut will grow in acid, neutral and basic (alkaline) soils, but can grow in **very** acid soils.

Apios americana has been suggested as a plant that offers tremendous potential for domestication as a food source and is listed as one of the Plants For a Future – edible, medicinal, and useful plants for a healthier world. It is also very attractive as a landscape plant, but can become aggressive!