

# Groundnut



This Native vine was a very important food source for many Native American tribes and early colonists.

The potato-like tuber has almost 3 times the protein content of a potato. The seed pods are edible and a bread can be made from the root, as well as be eaten raw, boiled, fried or roasted. It is recommended to allow 2-3 years before harvesting tubers. They can be harvested any time of the year, but are best if collected in autumn and do store well.

The Groundnut is known to have medicinal qualities.

## *Apios americana*

- Hardiness: Zone 5-10
- Size: 4-6'
- Flower: Pink, Purple to red-brown from July to October. Showy
- Culture: Full to part sun and moist, well drained soils
- Uses: Flowering Vine, edible, medicinal, nitrogen fixer

**NATIVE TO EASTERN  
UNITED STATES**