



Apios americana

(tuberosa)

‘Ground Nut’

Pennard
Growing the Dream

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Sometimes called the potato bean, hopeniss, Indian potato, hodoimo, American groundnut, or groundnut.

- A climbing herbaceous perennial vine, which gets its name from the bulb-like edible tubers. A major food source for native Americans, it's white and firm once peeled and best boiled or roasted. Sun or part shade. Let it climb a Trellis or allow it to grow through shrubs or trees. Seed Pods are also edible, which follow on after attractive pinkish flowers, Hardy
- The tubers are highly palatable with culinary characteristics of a potato, although the flavour can be somewhat nuttier than a potato and the texture is much finer.
- Almost every part of the plant is edible — shoots, flowers, the seeds that grow in pods like peas, but, most importantly, the tubers. These tubers (the groundnuts) are swellings that form along a thin rhizome, like beads on a necklace. They can be small as a fingernail or, rarely, large as a melon. And as with other root vegetables, they sweeten after a frost and will over winter well in a cool, damp place, offering up sustenance in a time when the land provides little other food.
- *Apios americana* is a legume, like peas and beans, and prefers moist soil
- Its vine can grow from 1 to 3 m long, The flowers are usually pink, purple, or red-brown.

