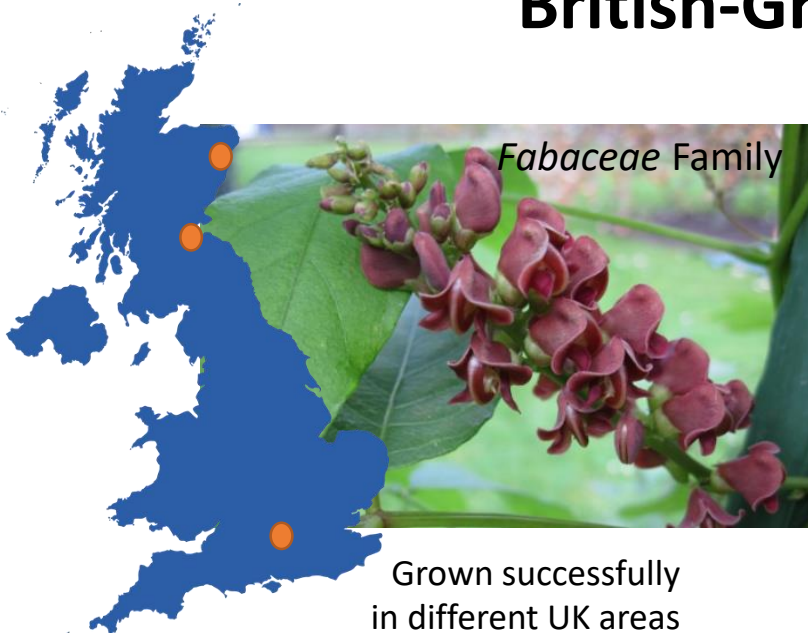


British-Grown Potato Bean (*Apios americana*)



TUBERS:

Rich Source of Dietary **PROTEIN** (17% dry weight)

- similar to some beans, higher than potato and wheat

High in **FIBRE** (10% dry weight)

- similar to soya, wheat and potato

Important Source of **MICROELEMENTS**

- ten times more Ca, three times more Zn, double Fe of potato
- similar Zn, Ca and Fe levels as soya
- five times more Fe and similar Zn than wheat



Image: James St. John - *Apios americana*

Benefits

- Contains all the **Essential Amino Acids**
- Rich source of **Bioactive Phytochemicals** (iso-/flavonoids, anthocyanins, phenolics)
- **Perennial**; multi-harvest options (leaves, pods, tubers)
- **Adaptable** to growing conditions
- **Nitrogen Fixation**
- **Low Agronomic Inputs**
- **Intercropping** Potential
- Good for **pollinators**
- Increased Diet/Planet **Biodiversity**

LEAVES:

Alternative Animal FEED

Rich in **PROTEIN** (17%) and **FIBRE**(12%)

PEELINGS and RHIZOMES by-products:

Valuable source of **PROTEIN** (18%) and **FIBRE** (13%)

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