

* Green gram, Mung, Golden gram

Rhassodan Vigna radiata (L.) R. Wilczek

Synonym - Phaseolus aureus ROXB.

Origin - Green gram is native to India, is one of the most important pulse crops in India. It is also grown on a small scale in some countries of South-east Asia, some parts of Africa, West Indies and the US. The mung bean was first domesticated in Persia (Iran) where the progenitor of ^{mung bean} V. radiata subsp. sublobata was found. In India mung bean is used back more than 4500 years ago.

India is the largest producer of mung bean across the world. However India's ^{maximum} production is consumed within country.

Morphology - The plants are erect or suberect, much-branched annuals, 0.5 to 1.3 m in height. The leaves are alternate and trifoliate compound. The ^{mature} leaves are dark green in colour. The plant is sparsely hairy. The hairs are light brown in colour.

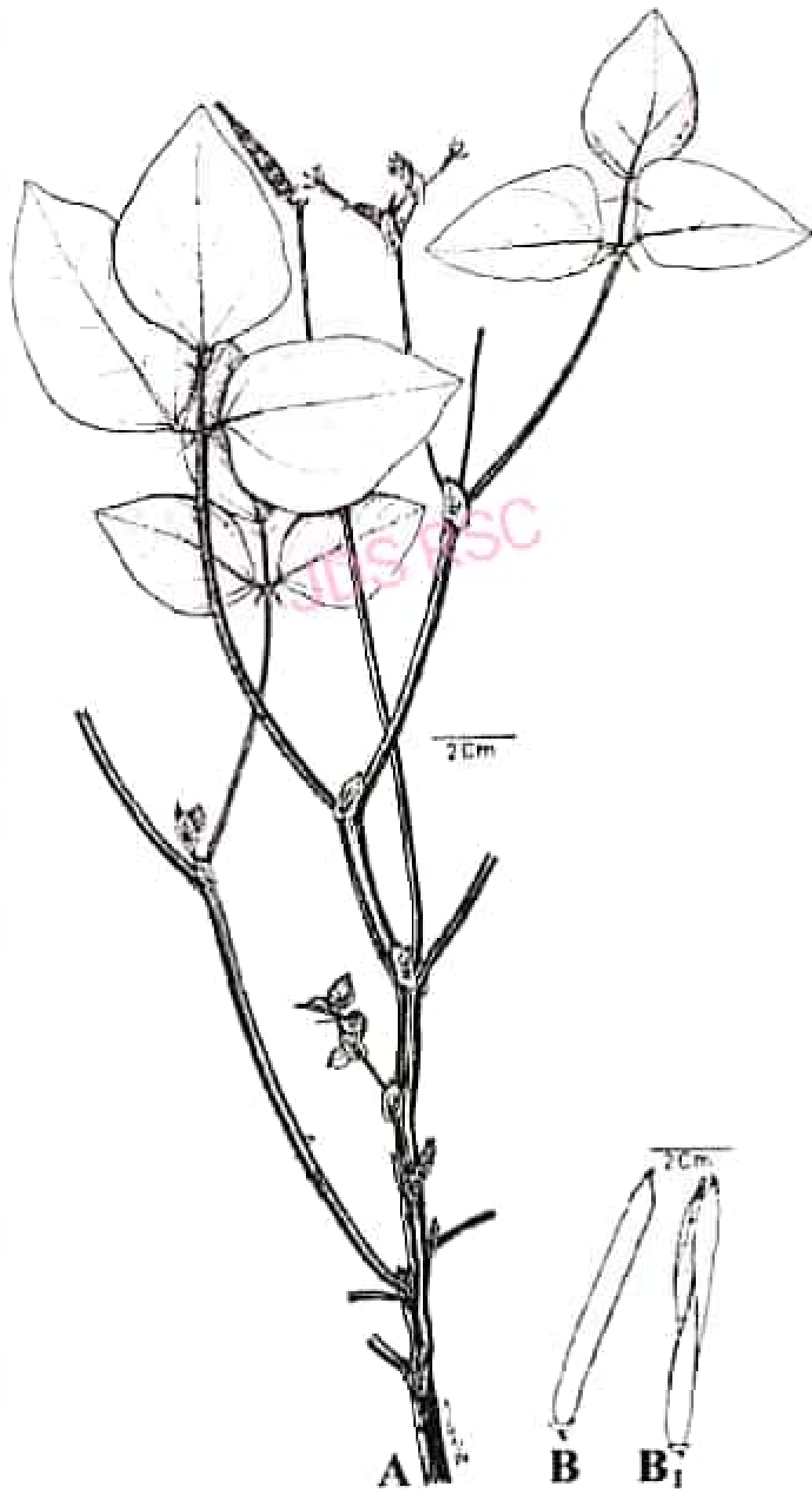
Fig 1

The purplish yellow flowers occur in clusters of 10-22 on a long peduncled axillary raceme. The pods are grey or brown when mature, measuring 5-10 cm x 0.4-0.6 cm and contain 10-15 small seeds that are usually green. ~~but~~ Seeds are 2.5-4 mm x 2.5-3 mm in size globose to ellipsoid.

Fig 2, 3 & 4

Uses The nutritional value of ^{100g boiled} ~~raw~~ seed is Carbohydrate 19.15g, dietary fibre 7.6g, protein 7.02g, fat 0.38g. Other than these mung bean also contain vitamins like thiamine, riboflavin, niacin, pantothenic acid, vit C, E & K. It also contains ~~many~~ minerals like Ca, Fe, Mg, Mn, P, Zn & K.

- Mung bean is a rich source of protein and taken as a major pulse across the nation.
- The plant is used for crop rotation as a relay crop.
- It has high antioxidant level and can cure several chronic diseases.
- It helps to reduce cholesterol and thus lowers the rate of heart disease.



***Vigna radiata* var. *radiata*:**
A, branch; B-B₁, fruit.

