

# *Parkia speciosa* L. *The species*

Also known as:

**Bitter bean,**  
stink bean, petai

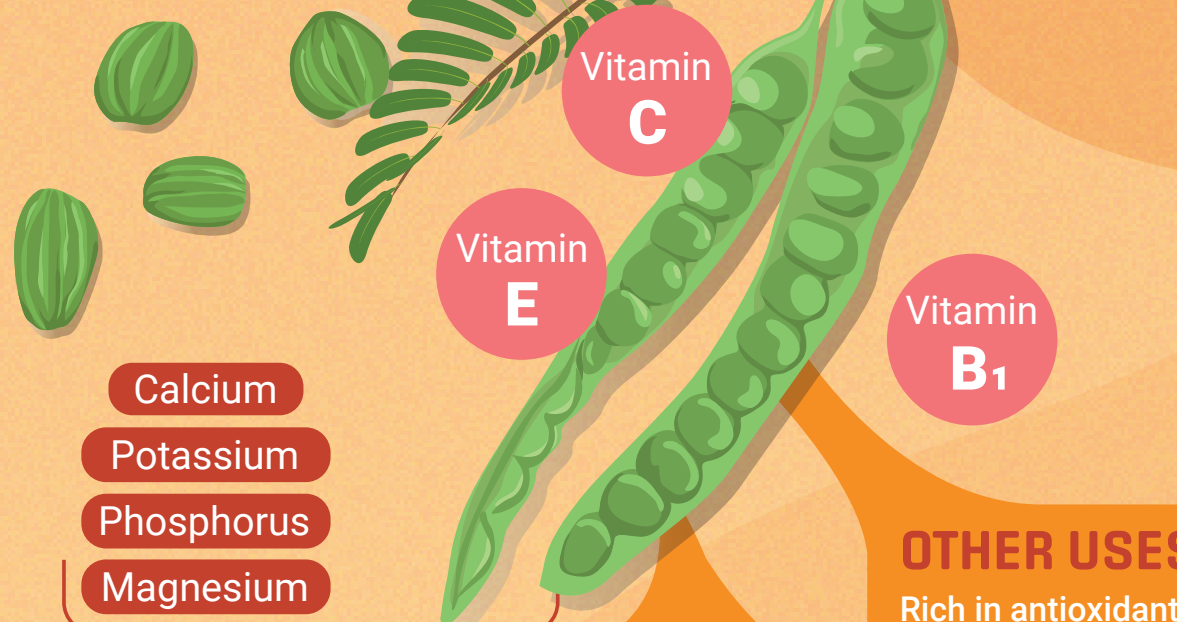
## Geography

Indonesia,  
Malaysia,  
Philippines,  
Thailand



## Bitter Bean *The fruit*

Energy:  
**266 kCal**  
per 100g EP



### CHARACTERISTICS

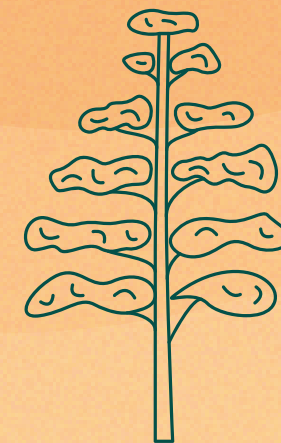
The seeds look like broad beans and are eaten either raw or cooked. They have a garlicky flavour and emit a very strong odour, giving them the nickname, "evil-smelling bean."

### OTHER USES

Rich in antioxidants, bitter beans are a popular folk medicine in the treatment of diabetes, hypertension, hypoglycaemia, kidney and liver problems, and to relieve gas.

## The tree

30 m



**Seeds**  
used to make sambal (chili paste) and fried rice dishes.



**Wood**  
used in paper making, carpentry, furniture and cabinet making. Also used to make boxes, crates, matches and chopsticks.

Maturity before yields  
**7 years**

Bitter beans **are energy dense, containing high amounts of all key macronutrients**, as well as micro-nutrients like calcium, magnesium, iron, vitamin C and E.

The tree grows in

**lowland rainforests**

and sometimes in tall, secondary forests on sandy, loamy and acidic soils.

It is also planted in agroforestry systems as a

**shade tree**

— especially on coffee plantations and in nurseries.