PLANT FACT SHEET

Sida acuta Burm. f.

GENUS *Sida* **FAMILY** Malvaceae

COMMON NAMES Spinyhead sida, Green sida

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

CAUTION: In some places the leaves are used to produce abortions.
The young leaves are cooked and eaten as vegetable.

DESCRIPTION

A herb. It grows up to 70 cm high. It has many branches. The leaf stalk is 4-6 mm long. The leaves are sword shaped. They are 2-5 cm long by 0.4-1 cm wide. They have teeth around the edge. The flowers are yellow. They occur in the axils of leaves. They are either singly or in pairs. The fruit is nearly round and 3-5 mm across.

HABITAT

It is a tropical plant. It is common in waste places. It grows in savannah woodland and palm groves. In Yunnan.

NOTES

There are about 100-200 Sida species. They are mostly tropical to warm temperate. The roots are used in medicine.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 572

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 2060

Cooper, W. and Cooper, W., 2004, Fruits of the Australian Tropical Rainforest. Nokomis Editions, Victoria, Australia. p 280

Cowie, I, 2006, A Survey of Flora and vegetation of the proposed Jaco-Tutuala-Lore National Park. Timor-Lests (East Timor) www.territorystories.nt/gov.au p 50

Diaz-Betancourt, M., et al, 1999, Weeds as a future source for human consumption. Rev. Biol. Trop. 47(3):329-338

Fl. indica 147. 1768

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 46

Franklin, J., Keppel, G., & Whistler, W., 2008, The vegetation and flora of Lakeba, Nayau and Aiwa Islands, Central Lau Group, Fiji. Micronesica 40(1/2): 169–225, 2008

Henty, E.E., & Pritchard, G.S., 1973, Weeds of New Guinea and their control. Botany Bulletin No 7, Division of Botany, Lae, PNG. p 124

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 176

Johns, T., and Kokwaro, J.O., 1991, Food Plants of the Luo of Siayo District, Kenya. Economic Botany 45(1), pp 103-113

Kenneally, K.E., Edinger, D. C., and Willing T., 1996, Broome and Beyond, Plants and People of the Dampier Peninsula, Kimberley, Western Australia. Department of Conservation and Land Management. p 123

Kokwaro, J. O. and Johns. T., Luo Biological Dictionary. p 101

Koukou, E., et al, 2022, Local knowledge of agricultural biodiversity and food uses in two agroecological zones of southern Benin. Ethnobotany Research and Applications 23:29 (2022) p 11

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 218

Li, D. et al, 2017, Ethnobotanical survey of herbal tea plants from the traditional markets in Chaoshan, China. Journal of Ethnopharmacology. 205 (2017) 195-206

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/ (As Sida alba subsp. acuta)

Magwede, K., van Wyk, B.-E., & van Wyk, A. E., 2019, An inventory of Vhavenda useful plants. South African Journal of Botany 122 (2019) 57–89

McMakin, P.D., 2000, Flowering Plants of Thailand. A Field Guide. White Lotus. p 99

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 292

Pandy, R. K. & Saini, S. K., 2007, Edible plants of tropical forests among tribal communities of Madhya Pradesh. Indian Journal of Traditional Knowledge. 6(1), pp 185-190

Peekel, P.G., 1984, (Translation E.E.Henty), Flora of the Bismarck Archipelago for Naturalists, Division of Botany, Lae, PNG. p 361, 360

Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. Nha Xuat Ban Tre. p 517

Plants of Haiti Smithsonian Institute http://botany.si.edu/antilles/West Indies

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 77

Salako, V. K. et al, 2013, Home gardens: an assessment of their biodiversity and potential contribution to conservation of threatened species and crop wild relatives in Benin. Genet Resour Crop Evol

Smith, A.C., 1981, Flora Vitiensis Nova, Lawaii, Kuai, Hawaii, Volume 2 p 436

Smith, F. I. and Eyzaquirre, P., 2007, African leafy vegetables: Their role in the World Health Organization's global Fruit and Vegetables Initiative. AJFAND, Vol. 7 No. 3

Srivastava, R. C., 2009, Traditional knowledge of Adi tribe of Arunachal Pradesh on plants. Indian Journal of Traditional Knowledge. 8(2): 146-153

Sujanapal, P., & Sankaran, K. V., 2016, Common Plants of Maldives. FAO & Kerala FRI, p 244

Swaziland's Flora Database http://www.sntc.org.sz/flora

Tang ya, Malvaceae. Flora of China. p

Topp, J. M. W., 1988, An Annotated Check List of the Flora of Diego Garcia, British Ocean Territory. Atoll Research Bulletin No. 313

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

Wheeler, J.R.(ed.), 1992, Flora of the Kimberley Region. CALM, Western Australian Herbarium, p 236

Williamson, J., 2005, Useful Plants of Malawi. 3rd. Edition. Mdadzi Book Trust. p 226

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Yuncker, T.G., 1959, Plants of Tonga, Bernice P. Bishop Museum, Hawaii, Bulletin 220. p 181

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/06f624d6-6996-4ff8-af67-aeb74019a32a