



## PLANT FACT SHEET

# *Abelmoschus moschatus* Medik.

GENUS *Abelmoschus* FAMILY Malvaceae

COMMON NAMES Musk mallow, Bush carrot

## EDIBLE PARTS AND USES

**Edible parts:** Seeds, Leaves, Root, Pods, Spice, Vegetable, Fruit, Flowers

The root tuber is eaten roasted.

The young leaves are eaten cooked. They are used in soups. The leaves are used to clarify sugar.

The seeds are used for flavouring. They are used to flavour bread, stews, and liqueurs. They can be chewed to sweeten the breath.

The unripe pods are cooked and eaten as a vegetable.

The seeds are the source of an essential oil used to flavour baked goods, ice cream, soft drinks and sweets.

## DESCRIPTION

A herb which grows as a perennial. It grows to about 1 m high. The leaf stalk is 7-15 cm long. The leaves are oval with angular edges. The leaf blade is 6-15 cm across. Often the leaves have 5-7 lobes arranged like fingers on a hand. It has Hibiscus-like yellow flowers. There are 5 petals. These have a purple centre. The flowers are 8-10 cm across. The fruit is a capsule 5-6 cm long. It is 5 sided and papery. The seeds are kidney shaped and musky.

## HABITAT

A tropical plant. It suits tropical climates but can grow in cooler places. It needs a rich well-drained soil in a sunny position. Tolerates a pH in the range 6 to 7.8. In China it grows on flat areas and beside streams in S China. It needs a temperature above 5°C. It suits hardiness zones 9-12. In Yunnan.

## PRODUCTION

### Cultivation

Plants can be grown from seeds. The seed germinates best at a temperature around 24°C. Seed can be sown direct or transplanted. Cuttings can be used. Plants should be cut back to allow new shoots to develop.

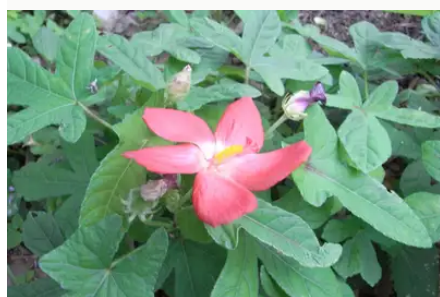
## NOTES

There are about 15 *Abelmoschus* species. They are tropical and subtropical.

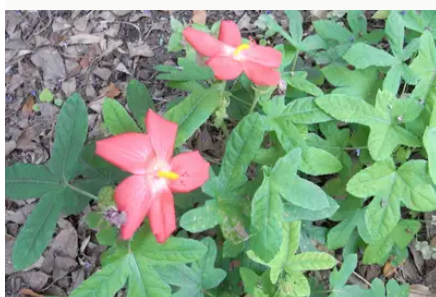
## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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