PLANT FACT SHEET

Sida spinosa L.

GENUS *Sida* **FAMILY** Malvaceae

COMMON NAMES Spiny sida

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Tea

The leaves and flowers are edible and also used for tea.

DESCRIPTION

A herb or small shrub. It keeps growing from year to year. The stems are branched and have a few hairs. The leaves are 2-9 cm long by 6-18 mm wide. They are hairy. The flowers open on sunny days. The fruit are 5 mm across.

HABITAT

It is a subtropical plant. In Argentina it grows from sea level to 1,500 m above sea level. It can grow on acid and poor soils.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1a4eafad-65da-43cc-8eed-9deb5edc5788