PLANT FACT SHEET

Malva neglecta Wallroth

GENUS *Malva* **FAMILY** Malvaceae

COMMON NAMES Common Mallow, Dwarf mallow

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Seeds, Fruit, flower - nectar, Flowers, Stems

The young leaves are eaten raw or cooked. They are boiled and then fried. They are cut into small pieces before cooking.
Young seeds can be eaten raw or cooked. Also the young seedpods. Seeds are ground and added to bread.
The leaves can be used to thicken soup and stews. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
A decoction of the roots can be used as an egg substitute for meringue pies.
The dried leaves are made into tea. The flowers are used in soup.
The immature fruit are eaten raw by children. They can be used as a substitute for capers.

DESCRIPTION

An annual herb about 0.5 m high. It is mostly low lying. The leaves are round or kidney shaped and 2-5 cm across. They have shallow lobes and a wavy edge. There are fine teeth around the edge. The flowers are pale lilac with darker veins. They are small and in stalked clusters in the axils of leaves. The petals are deeply notched on the outer edges. The fruit are nutlets which are brownish-green when ripe. They have smooth hairy backs.

HABITAT

It is a temperate plant. It grows in neglected pasture. It will grow in most soils and in most positions. It is resistant to frost and drought. In Pakistan it grows to 4,500 m altitude. It can grow in arid places. Tasmania Herbarium.

PRODUCTION

Cultivation

It can be grown by seed.

NOTES

There are about 30 Malva species.

REFERENCES

Ahmad, L., et al, 2021, An ethnobotanical survey of wild food plants used by the local communities of Kumrat Valley in District Upper Dir, Pakistan. Ethnobotany Research & Applications 22:20

Akbulut, S., 2022, Importance of edible wild plants in world food security: The case of Turkey. Int J Agric Sc Food Technol 8(3): 209-213.

Aldhmoun, M., et al, 2025, Old Plants for New Food Products? The Diachronic Human Ecology of Wild Herbs in the Western Alps. Plants 2025, 14, 122.

Al-Qura'n, S. A., 2010, Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan. Libyan Agriculture Research Center Journal International 1(4):231-243

Ali, H., et al, 2011, Ethnobotanical profile of some plant resources in Malam Jabba valley of Swat, Pakistan. Journal of Medicinal Plants Research Vol. 5(18), pp 4676-4687

Ali Shay, S. H., et al., 2025, Ethnobotanical study of wild edible plants traditionally used by the inhabitants of Lalku Valley, District Swat, Pakistan. Ethnobotany Research and Applications 30:1 p 9

Ari, S., et al, 2015, Ethnobotanical survey of plants used in Afyonkarahisar-Turkey. Journal of Ethnobiology and Ethnomedicine 11:84

Barkatullah, et al, 2009, Ethnobotanical studies of plants of Charkotli Hills, Batkhela District, Malakand, Pakistan. Front. Biol. China 2009, 4(4): 539–548

Barkatullah and Ibrar, M., 2011, Plants profile of Malakand Pass Hills, District Malakand, Pakistan. African Journal of Biotechnology Vol. 10 (73) pp. 16521-16535

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 22

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 132

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine (2016) 12:4

Bussman, R. W. et al, 2017, Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus. Indian Journal of Traditional Knowledge Vol. 16(1) pp 7-24

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 9

Cakir, E. A., 2017, Traditional knowledge of wild edible plants of Iğdır Province (East Anatolia, Turkey). Acta Soc Bot Pol. 2017;86(4):3568.

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

Ciocarlan, N. & Ghendov, V., 2015, Ethnobotanical and Ecological Studies of Wild Edible Plants from Bugeac Steppe, Republic of Moldova. Journal of EcoAgriTourism. Cailta terra Vol. 11(2):

Dalar, A., et al, 2016, Health attributes of ethnic vegetables consumed in the Eastern Anatolia region of Turkey: Antioxidant and enzyme-inhibitory properties. Journal of Ethnic Foods. 3 (2016) 142-149

Demir, I. & Ayaz, N., 2022, Wild edible plants contributing to the traditional foods of Mardin (Turkey) Province. Indian Journal of Traditional Knowledge Vol 21(3), July 2022, pp 569-582

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Dogan, A. & Tuzlaci, E., 2015, Wild Edible Plants of Pertek (Tunceli-Turkey). Marmara Pharmaceutical Journal 19: 126-135

Dogan, Y., et al, 2015, Of the importance of a leaf: the ethnobotany of sarma in Turkey and the Balkans. Journal of Ethnobiology and Ethnomedicine, 11:56

Duke, J.A., 1992, Handbook of Edible Weeds. CRC Press. p 124

Ertug, F., 2000, An Ethnobotanical Study in Central Anatolia (Turkey). Economic Botany Vol. 54. No. 2. pp. 155-182

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 148

Galalaey, A. M. K., et al, 2021, Ethnobotanical study of some wild edible plants in Hujran Bason, Kurdistan Region of Iraq. ZANCO Journal of Pure and Applied Sciences. Salahaddin University-Erbil p 27

Gunes, S. et al, 2018, Survey of wild food plants for human consumption in Karaisali (Adana-Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 290-298

Haj, F., et al, 2012, Species Diversity and Ethno Botanical Classes of the Flora of Allai Valley District Battagram Pakistan. International Journal of Plant Research 2012, 2(4): 111-123

Harris, S., Buchanan, A., Connolly, A., 2001, One Hundred Islands: The Flora of the Outer Furneaux. Tas Govt. p 186

Hovsepyan, R., et al, 2016, Food as a marker for economy and part of identity: traditional vegetal food of Yezidis and Kurds in Armenia. Journal of Ethnic Foods. 3:32-41

http://www.botanic-gardens-ljubljana.com/en/plants

Full reference list (69 more) at https://www.echocommunity.org/en/resources/262c14dc-67db-4e08-b11f-5d935faf6783

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/262c14dc-67db-4e08-b11f-5d935faf6783