PLANT FACT SHEET

Helicteres isora L.

GENUS *Helicteres* **FAMILY** Malvaceae

COMMON NAMES East-Indian Screw Tree, Red isora

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The dried fruit are sold as medicine.
The flowers are eaten after removing the calyx.

DESCRIPTION

A shrub or small tree. It grows 2-3 m high. The branches are cylindrical and long and straggly. The young are densely hairy. They are alternate. The leaves are oval and end abruptly by narrowing to a point. They can be heart shaped at the base. There are irregular teeth. Leaves are hairy. They are 10-20 cm long and 7-9 cm wide. The leaf stalk is hairy. The flower group is like a round ball and grows in the axils of leaves. They are 2 cm long and 1 cm wide. The flowers have 5 unequal petals. They are red. The fruit is a capsule which is oval shaped, twisted and hairy. They are 5 cm long by 7-9 mm wide. They are brown. The seeds have stripes along them. They are 2 mm long.

HABITAT

A tropical plant. It grows naturally in deciduous forest and scrub areas.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

NOTES

Probably medicinal. Leaves used in medicine. The fruit are used in medicine. There are about 60 Helicteres species. There are 38 in tropical America.
Also put the the family Helicteraceae.

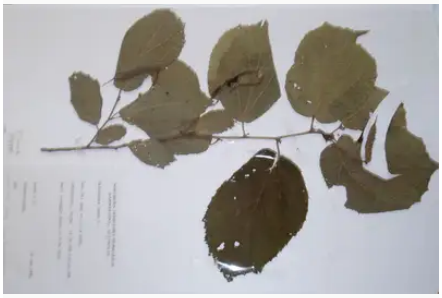
PICTURES



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