PLANT FACT SHEET

Sidalcea malviflora (DC.) A. Gray ex Benth.

GENUS *Sidalcea* **FAMILY** Malvaceae

COMMON NAMES Dwarf Checker-mallow, Greek mallow

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used as greens.
The dried squashed leaves are used to flavour Manzanita berries.

DESCRIPTION

A small plant. It grows 60-100 cm high and spreads 40-75 cm wide. It forms clumps or erect stems. The leaves at the base are rounded with shallow lobes. They are 15 cm across. The leaves on the stems are shiny green and in segments. The flowers are small and pink.

HABITAT

It is a temperate plant. It suits hardiness zones 5-9.

NOTES

There are about 20 or 25 Sidalcea species.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/27fd3bd2-7cfe-4069-9a8b-fd9b067d2efd