PLANT FACT SHEET

Malva nicaeensis All.

GENUS *Malva* **FAMILY** Malvaceae

COMMON NAMES Mallow of Nice, French mallow

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are boiled and seasoned with lemon and oil then eaten.
The young fruits are eaten raw as a snack.
The leaves are cooked, mixed with flour then cooked again and eaten.
The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

DESCRIPTION

An annual or biennial herb. It grows 40 cm tall. It has soft wooly hairs. The flower petals are dark lilac and without darker veins. They are 7-12 mm long. The fruit stalks are longer than least mallow (Malva parviflora). They are 10 mm long or longer.

HABITAT

It is a Mediterranean plant. In Argentina it grows from sea level to 700 m above sea level. Tasmania Herbarium.

NOTES

There are about 30 Malva species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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