PLANT FACT SHEET

Sida cordifolia L.

GENUS *Sida* **FAMILY** Malvaceae

COMMON NAMES Goat's horns, Flannel weed, Heart-leaf sida

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The leaves are edible cooked. They are cooked with alkali solution and dried fish and eaten in curry.

DESCRIPTION

An erect woody shrub about 0.4 to 1 m high. It keeps growing from year to year. It is covered with short hairs mixed with long hairs. These make the plant feel soft. The leaf stalk is 1-2.5 cm long. The leaves are one after the other and heart shaped at the base. They are toothed at the edge and 1.5 to 4.5 cm long. The flowers are yellow and occur in the axils of the leaves. The fruit are about 6-8 mm across. They have 20 fine bristles on the top.

HABITAT

A tropical plant. They occur in open waste places and are common and widely distributed in the Philippines. It occurs in the tropics and subtropics. It grows on the Deccan in India. It grows in hot arid places with a marked dry season. It grows in places with an annual rainfall below 520 mm. It grows in dry sandy soils. It can grow in salty soils. It grows below 1,100 m above sea level. In Colombia it grows between 10-2,230 m above sea level. It can tolerate shade. It grows in savannah woodland and wet grass savannah. It can grow in arid places. In Sichuan and Yunnan.

NOTES

There are about 100 Sida species. It contains ephedrine and is used in medicine.

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