PLANT FACT SHEET

Abutilon angulatum (Guill. & Perr.) Mast.

GENUS *Abutilon* **FAMILY** Malvaceae

COMMON NAMES Fluted abutilon

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Vegetable

The young leaves and flowers are used as a vegetable. They are cooked and eaten. Sometimes the flowers are first dried then cooked and eaten. The leaves can be dried and stored.

DESCRIPTION

A woody herb. It grows 1.5 m tall. The young stems are grey green and become brown. The leaves are oval to heart shaped. They are hairy on both sides and more pale underneath. They are 14 cm long by 12 cm wide. The flowers are bright orange yellow. They are in a long open flower head. The fruit is cylinder shaped and 1.5 cm long.

HABITAT

It is a tropical plant. In Tanzania it grows between 100-2,700 m above sea level.

PRODUCTION

Cultivation

It can be grown by seed.

NOTES

It can be a problem weed.

REFERENCES

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 559

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 80

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 74

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/46a30c4a-29fb-4fda-a2b0-8cb3ccff947d