PLANT FACT SHEET

Pavonia urens Cav.

GENUS *Pavonia* **FAMILY** Malvaceae

COMMON NAMES Stinging pavonia

EDIBLE PARTS AND USES

Edible parts: Flowers, Fruit

The flowers are cooked and eaten.

DESCRIPTION

A rambling shrub. The stems are soft. It grows 3 m tall. The stems and leaves are hairy. These can cause itching when touched. The flowers are purplish-red. The plant can vary in hairiness, leaf shape and flower colour.

HABITAT

It is a tropical plant. It grows on the edge of forests. In Malawi it grows between 1,550-2,200 m altitude. In Zimbabwe it grows between 600-2,000 m above sea level.

NOTES

The root is used for medicine.

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