PLANT FACT SHEET

Malva parviflora L.

GENUS *Malva* **FAMILY** Malvaceae

COMMON NAMES Small-flower Mallow, Cheeseweed, Egyptian mallow

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Seeds, Flowers

The young leaves picked before the appearance of the flower button are cooked and eaten in soups. They are only eaten in small amounts to improve the consistency.
The green fruit are eaten. These can be eaten raw or cooked into many dishes like peas.
The fruit are ground and are used for a creamed vegetable soup.

DESCRIPTION

An erect annual herb. It grows up to 50-100 cm high. The leaves are rounded but heart shaped at the base. They are 2-6 cm across. They have shallow lobes and a wavy edge. There are fine teeth around the edge. The flowers are pink or white. They are about 5 mm across. They are clustered near the base of the leaves. The fruit or nutlets are brown when ripe and the backs are wavy.

HABITAT

It grows in tropical and temperate locations. It grows in neglected pasture. In Bahrain it grows in sandy, gravelly or stony soils. It grows between 15-1,400 m above sea level in Tanzania. In Argentina it grows from sea level to 3,500 m above sea level. It can grow in salty soils. It can grow in arid places. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season.

NOTES

There are about 30 Malva species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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