PLANT FACT SHEET

Malva alcea L.

GENUS *Malva* **FAMILY** Malvaceae

COMMON NAMES Hollyhock Mallow, Large-flowered Mallow

EDIBLE PARTS AND USES

Edible parts: Seeds, Flowers, Leaves, Oil

The unripe fruit are eaten raw as a snack.
The leaves are used in soups and vegetable dishes.
The flowers can be eaten in salads.

DESCRIPTION

A herb which keeps growing from year to year. It grows 50 - 100 cm tall. The leaves are dark green above and light green underneath and have deep lobes. They have teeth along the edge. The flowers are mauve-pink. They are 3-9 cm across.

HABITAT

It is a temperate plant. It suits hardiness zones 3-8.

NOTES

There are about 30 Malva species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/547d5d1c-c6a5-46b8-898b-acdf6ffb21f6