PLANT FACT SHEET

Triumfetta annua L.

GENUS *Triumfetta* **FAMILY** Malvaceae

COMMON NAMES Paroquet Bur

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are occasionally cooked as a side dish. They need to be well cooked.
The bark of the young green stems is used for a slimy exudate for a soup. To remove the bark the stems are put near a fire for a short while until it loosens then the bark peeled off and placed in hot water and squeezed to extract the sap. It is spiced with salt and other spices. (Vegetable oil should not be added)

DESCRIPTION

An annual herb. It grows up to 60 cm high. The leaves are simple and undivided and have teeth along the edge. The leaves are 10 cm long by 7 cm wide. They have simple hairs. The leaves are on long stalks. The flowers are small and yellow. They occur in clusters where the leaf stalk meets the stem. The fruit occur as round globules with hooks. They are 1.5 cm across.

HABITAT

A tropical plant. It can tolerate shade. It grows in bushland and grows up to 2,150 m altitude. It grows in the lowlands. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Cuttings of young stems 15-20 cm long are often used. They are planted in the shade of a tree. The cuttings need to be planted straight upwards.

Harvesting and Seed Production

Young leaves are picked when required. Stems are cut just above the ground when they are 75-100 cm long. New shoots start as soon the the rainy season arrive.

NOTES

There are about 150 Triumfetta species. They are mostly in the tropics and subtropics. There are about 50 species in tropical America. It has also been put in the family Sparmanniaceae. It may eventually be put in the family Malvaceae.

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