PLANT FACT SHEET

Sparrmannia ricinocarpa (Eckl. & Zeyh.) Kuntze

GENUS *Sparrmannia* **FAMILY** Malvaceae

COMMON NAMES Sparmannia bush, Climbing stock-rose

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem bark, Fruit

The stem bark is eaten raw.
The leaves are eaten as a spinach.

DESCRIPTION

A shrub. It grows 3 m high. It can be a scrambler. The petals are white. The outer stamens are sterile and yellow. The fertile filaments are purple.

HABITAT

It is a tropical plant. It grows at the edges of forests at high altitudes.

NOTES

There are only a few Sparrmannia species. They are in Africa. These have also been in the Tiliaceae.

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