PLANT FACT SHEET

Malva rotundifolia L.

GENUS *Malva* **FAMILY** Malvaceae

COMMON NAMES Blue mallow, Dwarf mallow, Low mallow

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves picked before the appearance of the fower button are cooked and eaten in soups. They are also used in salads.

DESCRIPTION

A herb. It keeps growing from year to year. It is 25-50 cm high. There are many branches. They usually lie along the ground. The leaf stalk is 3-12 cm long. The leaf blade is kidney shaped and sometimes with 5-7 lobes. Leaves are 1-3 cm long and 1-4 cm across. They are papery. The flowers are in the axils of the leaves in groups of 3-4. Flowers are white or pink. The fruit is a flat, round capsule. It is 5-6 mm across. The seeds are kidney shaped and 1 mm across.

Probably now Malva pusilla Sm.

HABITAT

It is a subtropical plant. It grows in open areas and grassy slopes.

NOTES

There are about 30 Malva species.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 352

Bhatia, H., et al, 2021, Wild Edible Fruits and Vegetables of Himachal Pradesh. Journal of Research: The Bede Athenaeum Indian Journals.com March 2021, Vol. 12 No. 1 (53-66)

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 671

BOUQUET,

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 1. p 269

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 148

Food Composition Tables for use in Africa FAO http://www.fao.org/infoods/directory No. 700

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 399

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Low, T., 1991, Wild Herbs of Australia and New Zealand. Angus & Robertson. p 86

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 203

Plants of Haiti Smithsonian Institute http://botany.si.edu/antilles/West Indies

Savita, et al, 2006, Studies on wild edible plants of ethnic people in east Sikkim. Asian J. of Bio Sci. (2006) Vol. 1 No. 2 : 117-125

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 28

Singh, J., et al, 2014, Wild Vegetable Plants used by Tribal People of Kinnaur District, Himachal Pradesh, India, Int. J. of Usuf. Mngt. 15 (2): 47-56

Sp. pl. 2:688. 1753, nom. rej. - a rejected name (nomen utique rejiciendum) under ICBN Art. 56 that is unavailable for use\; non M. rotundifolia auct. (= M. neglecta Wallr.)

Tanji, A and Nassif, F., 1995, Edible Weeds in Morocco. Weed Technology. Vol. 9, No. 3, pp. 617-620

Tang ya, Malvaceae. Flora of China. p

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 57

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 120

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6d337b9e-3b89-445e-a7d1-7d8220cfdb12