PLANT FACT SHEET

# *Malva verticillata* L.

**GENUS** *Malva* **FAMILY** Malvaceae

**COMMON NAMES** Mallows, Castillian mallow, Curled mallow

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Seeds, Vegetable

The young leaves and shoots are cooked and eaten as a potherb. They are also used in pickles and in stir fries.

## DESCRIPTION

An erect herb. It takes 1 or 2 years to complete its life cycle. It grows to about 1 m high. The leaves have stalks. The leaves are half round or heart shaped. There are 3-5 lobes. The leaves are 5-11 cm long by 5-11 cm wide. The lobes are rounded and with shallow round teeth. The flowers have short stalks. They are pink or white. They are crowded in the axils of leaves. The fruit is flat and round and 5-7 mm across. The seeds are kidney shaped and 1.5 mm across. They are purple-brown.

## HABITAT

It is a temperate plant. In Nepal it grows between 2000-3500 m altitude. It grows in moist soil near villages. It grows in Yunnan in China. In Sichuan and Yunnan.

## PRODUCTION

### Cultivation

Plants are grown from seed.

## NOTES

There are about 30 Malva species.
It has medicinal benefits.

## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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