PLANT FACT SHEET

Abutilon theophrasti Medik.

GENUS *Abutilon* **FAMILY** Malvaceae

COMMON NAMES China jute

EDIBLE PARTS AND USES

Edible parts: Seeds, Fruit, Leaves, Oil

The unripe seeds are eaten raw or cooked.
The ripe seeds are ground into flour and used in soups and bread.
Old seeds are washed to remove the bitter taste then sun dried and made into flour.
The leaves have a nice taste but not good texture.

DESCRIPTION

An annual plant about 1 m high. The leaf stalk is 3-12 cm long. The leaf blade is almost round and 5-10 cm across. It is densely hairy. There are small teeth along the edge. It tapers to the tip. The flowers are yellow and occur singly in the axils of leaves. The fruit are capsules that are a flattened round shape and 1.2 cm logn by 2 cm across. The seeds are brown and kidney shaped.

HABITAT

It grows in Mediterranean climates. It needs full sun and a fertile well drained soil. It can grow with a pH in the range 5 to 8.2. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. They germinate in 2-3 weeks. They can be put in a nursery and transplanted. In warm places seeds can be sown directly where they are to grow.

NOTES

There are about 100-160 Abutilon species. Seed (Fresh weight) Protein: 17.4 Fat: 16 Carbohydrate: 33.8 Ash: 4.4
The plant is grown for its fibre.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/adec8adb-9f4e-4c52-9da4-341263bfda33