PLANT FACT SHEET

Sida alba L.

GENUS *Sida* **FAMILY** Malvaceae

COMMON NAMES Paddy's lucerne, Spiny sida

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked and eaten. They are also used in relishes and chutneys.

DESCRIPTION

A small herb or shrub. It grows 30-80 cm high. The leaves have stalks and are arranged in spirals. They are oval but taper towards the tip. There are teeth along the edge. The teeth are small, blunt and of equal size. There is often a small 1 mm long peg below the leaf stalk and a pair of bristle like leaf structures 4-5 mm long on each side. The flowers are small and white or pale yellow. The flower stalk usually has a swelling a little below the flower. The flowers open early in the morning. The fruit are round and in 5 sections.

HABITAT

A tropical plant. It often grows in wet areas on alluvial soils and flood plains near rivers. It grows in hot arid zones with a marked dry season. It grows between 120-1,465 m above sea level. It can tolerate shade. It can grow in arid places.

PRODUCTION

Harvesting and Seed Production

The young leaves are plucked off the plant.

NOTES

There are about 100 Sida species.

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

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