PLANT FACT SHEET

Abelmoschus crinitus Wall.

GENUS *Abelmoschus* **FAMILY** Malvaceae

COMMON NAMES Hairy okra

EDIBLE PARTS AND USES

Edible parts: Roots, Tubers, Fruit, Vegetable

The tuberous roots are eaten. They are roasted.
The young fruit are eaten raw and also cooked as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. It is 0.5-2 m tall. It has a tuber-like taproot. The whole plant has long yellow hairs. These can be prickly. The leaf stalk is 4-12 cm long. The leaf blade varies in shape. The lower leaves are round and about 9 cm across with 5 lobes. The leaves in the middle are heart shaped and those at the top have long pointed bases. These ones are 4-15 cm long. The flowering stalks are at the end of the branches or in the axils of leaves. There are 3-9 flowers in a group. The fruit is a half round capsule. It is 3 cm across. There are many kidney shaped seeds inside.

HABITAT

A tropical plant. It grows in lowland areas subject to seasonal dry periods. In China it grows on grass slopes between 300-1300 m altitude in S China. In Yunnan.

NOTES

There are about 15 Abelmoschus species. They are tropical and subtropical.

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