PLANT FACT SHEET

Triumfetta lappula L.

GENUS *Triumfetta* **FAMILY** Malvaceae

COMMON NAMES Cadillo, Mozote

EDIBLE PARTS AND USES

Edible parts: Stems

The sap of the stems is used for a drink.

DESCRIPTION

A shrub. It can grow to 2.5 m tall. The young branches have rusty hairs. The leaves are simple and alternate. The leaf blades are 3-6 cm long and 2-3 cm wide. They have 3-5 lobes. There are irregular teeth along the edge. The flowering stalks are in the axils of leaves. The fruit are 3-4 mm across.

HABITAT

It is a tropical plant. In Central America it grows from sea level to 700 m altitude.

PRODUCTION

Cultivation

It can be grown from seeds.

NOTES

These have also been in the Tiliaceae.

REFERENCES

Chizmar Fernandez, C., et al, 2009, Plantas comestibles de Centroamerica. Instituto de Biodiversidad, Costa Rica. p 319

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bd4278a0-4431-41eb-bfc2-03b9fcfacd6c