PLANT FACT SHEET

Triumfetta cordifolia var. tomentosa Sprague

GENUS *Triumfetta* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are chopped and cooked and eaten.

DESCRIPTION

A hairy shrub. It grows 2.5 m tall. There are stout stems that are thick at the base. They are red-brown. The leaves are oval or round. They are 6-13 cm long and have 3 lobes at the tip. The leaf stalks are 4-6 cm long. They lower surface has grey white hairs.

HABITAT

It is a tropical plant. In Tanzania it grows between 900-2,600 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season.

REFERENCES

Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 680

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cd4f253d-8059-47b8-90c6-92b2b34d17ff