PLANT FACT SHEET

Aerva javanica (Burm.f.) Juss. ex Schult.

GENUS *Aerva* **FAMILY** Amaranthaceae

COMMON NAMES Kapok bush, Pillow weed

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Seeds, Flowers, Vegetable

The leafy shoots of young plants are used in curries.
They are also boiled in water for 1/2 an hour then the water poured off and the leaves cooked with ghee, fried onions and red chillies.

DESCRIPTION

A shrubby plant which keeps growing from year to year. It grows 1 m high. The leaves are small and blue-green. They are leathery. The flowers are white. The seeds are very small. They are enclosed in short white fibres.

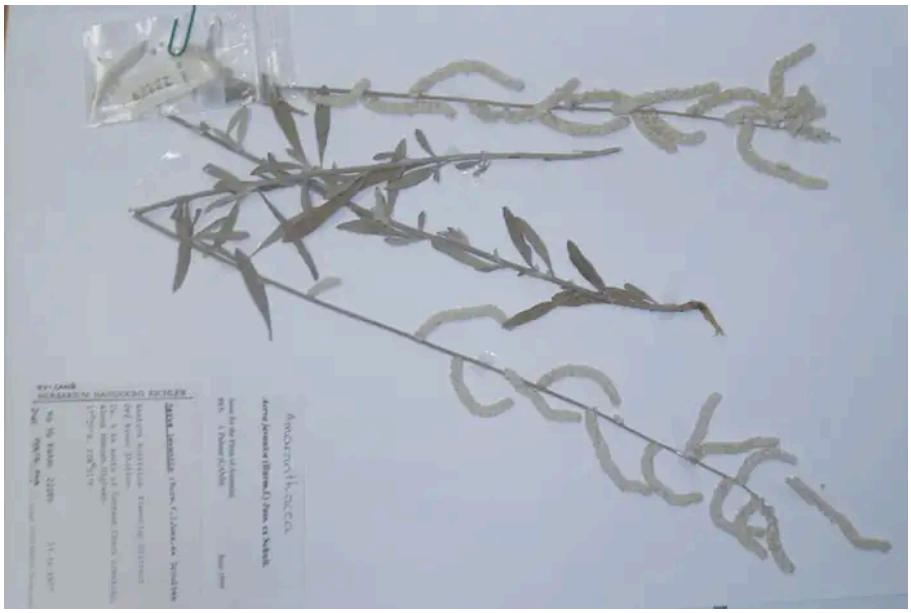
HABITAT

It is a tropical plant. It often grows on sandy soils. It grows in arid places. It can grow in salty places.

NOTES

Chemical composition (after Hooper): Fat = 3.15% (dry). Albumenoids = 20.12% (dry). Carbohydrates = 36.10% (dry). Ash = 22.48% (dry). Fibre: = 18.15% (dry). Nitrogen = 3.22% (dry). Phosphoric acid = .70% (dry). Silicates = 6.33% (dry). There are about 10 Aerva species in warmer climates.

PICTURES



Credit: Food Plants International (Bruce French)



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