PLANT FACT SHEET

Triumfetta bogotensis DC.

GENUS *Triumfetta* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - mucilage

The mucilage from the plant is used to clarify syrup.

DESCRIPTION

A herb or shrub that keeps growing from year to year. The stems are woody at the base. They are much branched and grow 1-1.5 m tall.

HABITAT

It is a tropical plant.

REFERENCES

D'Ambrosio, U., & Puri, R. K., 2016, Foodways in transition: food plants, diet and local perceptions of change in a Costa Rican Ngäbe community. Journal of Ethnobiology and Ethnomedicine (2016) 12:3 p 27

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d0083916-f45e-4d30-b42b-ed0af1285f3e