PLANT FACT SHEET

Corchorus capsularis L.

GENUS *Corchorus* **FAMILY** Malvaceae

COMMON NAMES White Jute

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Leaves - tea

The young leaves are blanched then fried with garlic and eaten with boiled rice.
The leaves are used as a substitute for tea.

DESCRIPTION

A shrub. It grows 1-2 m high. The leaves are alternate. The leaves are oval but long. They have teeth along the edge. Leaves are about 5-10 cm long by 1.5-3 cm wide. The leaf stalk is 1-4 cm long. Flowers are in the axils of leaves. Flowers are small and yellow. The fruit are round capsules. They have 10 ribs. The seed are 1.2 cm long by 1 cm wide. The seeds are angular.

HABITAT

A tropical plant. In Nepal it grows to about 1200 m altitude. It grows in wetlands. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It is grown from seed.

NOTES

There are about 100 Corchorus species.
It is high in proVitamin A.

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