PLANT FACT SHEET

Sida cordata (Burm.f.) Borss.Waalk.

GENUS *Sida* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves are eaten as a pot-herb.

DESCRIPTION

A tall herb or small shrub. It grows 1 m tall. The stems are slender and have small hairs. The leaf stalk is 1-3 cm long. The leaf blade is broadly oval and 2-5 cm long by 2-4 cm wide. There are hairs on both sides. The base is wedge shaped and there are teeth along the edge. The flowers usually occur singly in the axils of leaves.

HABITAT

A tropical plant. It is common throughout India. In Nepal it grows between 400-1,800 m above sea level. In Yunnan.

NOTES

There are about 100 Sida species.

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