PLANT FACT SHEET

# *Malvastrum coromandelianum* (L.) Garcke

**GENUS** *Malvastrum* **FAMILY** Malvaceae

**COMMON NAMES** Prickly malvastrum, False mallow

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Vegetable, Seeds, Bark

The young tender leaves are cooked and eaten as a vegetable.
The seeds are cooked as a vegetable. They are also used as a condiment.
The bark is used as a flavouring.

## DESCRIPTION

A herb or shrub. It keeps growing from year to year. It grows 0.2-1.5 m high. It is hairy. The leaves are 1-7 cm long and 1-4 cm wide. The flowers are yellow or red. The flowers are in the axils and can occur singly or be in groups. The fruit are round and in groups of 8-14 and 2 mm across.

## HABITAT

A tropical plant. It grows in tropical and subtropical places. In Zimbabwe it grows between 1,200-1,550 m above sea level. In Argentina it grows from sea level to 2,000 m above sea level.

## NOTES

There are about 15 Malvastrum species. They are mostly in the tropics and warm temperate regions.

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Wild edible plants of Himachal Pradesh

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