PLANT FACT SHEET

Waltheria indica L.

GENUS *Waltheria* **FAMILY** Malvaceae

COMMON NAMES Walteria

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The leaves are eaten as a vegetable.

DESCRIPTION

A herb or shrub. It grows 4 m high. The leaves are simple and 2-10 cm long by 1-4 cm wide. There are white stellate hairs on both sides. The flowers are in groups in the axils of leaves or at the ends of branches. The flowers are 3-4 mm wide. They have 5 yellow or orange petals. The fruit is a capsule. They are brown and 2 mm long and have 1 valve. They are tightly clustered together and are hairy. There is 1 seed.

HABITAT

A tropical plant. It grows on sandy shores. It grows in monsoon and vine forests throughout the tropics. It also grows in woodland and savannah. In tropical Queensland it grows from sea level to 800 m altitude. In Argentina it grows from sea level to 1,000 m above sea level. In Yunnan.

NOTES

There are about 30-60 Waltheria species. They are mostly in tropical America. It is used in medicine. Some authorities put it in the Sterculiaceae and Byttneriaceae.

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