PLANT FACT SHEET

Edibility uncertain

It has not been confirmed that this plant is safe to eat. Do not eat it on the strength of this fact sheet alone.

Sphaeralcea angustifolia (Cav.) G. Don

GENUS *Sphaeralcea* **FAMILY** Malvaceae

COMMON NAMES Narrow leaf globe mallow, Copper globemallow

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are used for food.

DESCRIPTION

A herb. It grows 60-90 cm tall. The leaves are narrow and 2.5-5 cm long. The flowers can be pink or red. They are cup shaped and have 5 petals.

HABITAT

It is a temperate plant.

NOTES

There are about 60 Sphaeralcea species.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Gen. hist. 1:465. 1831

Loughmiller, C & L., 1985, Texas Wildflowers. A Field Guide. University of Texas, Austin. p 163

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 540 (As Sphaeralcea angustifolia var. lobata)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/df6954c2-7890-4c4f-b52d-1fbfcd1f0798