PLANT FACT SHEET

Glossostemon bruguieri Desf.

GENUS *Glossostemon* **FAMILY** Malvaceae

COMMON NAMES Moghat

EDIBLE PARTS AND USES

Edible parts: Roots, Seeds, Medicine

The dried peeled roots are used to prepare hot drinks.
They are also considered to have health benefits.

DESCRIPTION

A shrub. It has thick tapering dark coloured roots. These are 70-100 cm long by 5-8 cm wide. The leaves are large and have irregular lobes around the edge. The flowers are red.

HABITAT

It is a Mediterranean climate plant. It grows in desert regions.

NOTES

It is also put in the families Buettneriaceae and Sterculiaceae.
It is used for nutritive and medicinal purposes.

REFERENCES

Ibrahim, N et al, 1997, Chemical and biological evaluation of proteins and mucilages from roots and seeds or Glossostemon bruguieri Desf. (Moghat). Plant Foods for Human Nutrition. 50:55-61

INFOODSUpdatedFGU-list.xls

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