PLANT FACT SHEET

Hibiscus trionum L.

GENUS *Hibiscus* **FAMILY** Malvaceae

COMMON NAMES Flower-of-an-hour

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Pods, Flowers, Seeds, Vegetable, Flowers - tea

The shoots and leaves are cooked and eaten.
The pods are used in soups and stews.
The pods are sun-dried and powdered and used later in food in Sudan.
The ripe seeds are eaten raw and have a sesame flavour.
The flowers are used as a herbal tea.

DESCRIPTION

An annual herb. It can be erect or lie over. It is 25-70 cm high. The leaves are alternate. The leaf stalk is 2-4 cm long. The leaf blade has 3-5 lobes arranged like fingers on a hand. The leaf blade is 3-6 cm across. The central lobe is longer. The leaf blade is covered with coarse star like hairs. The flowers occur singly in the axils of leaves. They are yellow and purple at the base. They are like a Hibiscus flower. The fruit is a capsule which is about 1 cm across. It is a hairy five celled capsule. There are many black seeds.

HABITAT

It suits tropical, subtropical and temperate regions. It does best in a sunny position. It does not occur in hot humid tropical rainforest zones. It suits drier warmer places. It can grow in hot arid zones with a marked dry season. It grows between 2-2,635 m above sea level. It can grow in arid places. It suits hardiness zones 10-12. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

NOTES

There are about 220 Hibiscus species. Chemical composition (seed pods): Protein (crude) = 21.0% (dry). Fat = 0.8% (dry). Fibre (crude) = 8.4% (dry). Ash (insoluble) = 10.9% (dry). Carbohydrate (soluble): Starch = 7.3% (dry). Sucrose = 8.1% (dry). D-glucose = Ø% (dry). D-fructose = 0.7% (dry). Amino acids (g [16g N]-1): Aspartic acid = 14.4g. Threonine = 2.9g. Serine = 3.4g. Glutamic acid = 18.4g. Proline = 9.2g. Alanine = 3.8g. Valine = 4.1g. Cysteine (performic acid oxidation) = 0.6g. Methionine (performic acid oxidation) = 1.7g. Isoleucine = 2.9g.

Leucine = 4.7g. Tyrosine = 2.3g. Phenylalanine = 3.2g. Lysine = 4.0g. Histidine = 1.7g. Arginine = 6.5g. Minerals: Sulphur = 0.27% (dry). Potassium = 0.65% (dry). Magnesium = 0.68% (dry). Calcium = 1.45% (dry). Na = 0.01% (dry). K = 2.51% (dry). Zinc = 94 mg/kg-1 (dry). Iron = 218 mg/kg- 1 (dry). Manganese = 35 mg/kg-1 (dry). Copper = 12 mg/kg-1 (dry).

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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

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