PLANT FACT SHEET

Helicteres lanceolata A. DC.

GENUS *Helicteres* **FAMILY** Malvaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

DESCRIPTION

A shrub. It grows 3 m tall. The leaves are simple and alternate. They are sword shaped and 6-9 cm long by 1-2 cm wide. They have white hairs underneath. The flowers have both sexes and are small and in the axils of leaves. The fruit is a capsule 2.5 cm long.

HABITAT

A tropical plant.

NOTES

There are about 60 Helicteres species. There are 38 in tropical America. Also put the the family Helicteraceae.

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 2788

Thai Forestry Bulletin 23:62-108, 1995

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/fecc001a-b93f-4e48-b7d4-6b7ff2aefd44