



Common names

Malvaceae

Scientific name

Grewia mollis

Edible portion

Leaves, Flowers, Bark, Fruit, Nectar, Vegetable, Root,

Description

A shrub or tree. It is straggling in form and almost a climber. It grows up to 7 m tall. The bark is fibrous. The leaves are 8-17 cm long by 2.5-8.5 cm wide. The leaves are grey green on top. They are lighter underneath, and hairy. The edges of the leaves have teeth. The flowers are in the axils of leaves. The sepals are yellow and the petals pinkish. The fruit are round and hairy. They have 4 deep lobes. They are brown to black. They are 5-8 mm across.

Distribution

A tropical plant. In Kenya it grows up to 1600 m altitude. It grows on dry soils. It tends to be in drier regions. It grows in savannah woodland. It grows in the Sahel. It can re-grow after fire. It grows in areas with an annual rainfall between 200-800 mm. It can grow in arid places.

Found in:

Africa, Angola, Benin, Botswana, Burkina Faso, Burundi, Cameroon, Central Africa, Central African Republic, CAR, Congo, Côte d'Ivoire, East Africa, Ethiopia, Gambia, Ghana, Guinea, Guinée, Guinea-Bissau, Ivory Coast, Kenya, Mali, Mozambique, Niger, Nigeria, Rwanda, Sahel, Saudi Arabia, Senegal, Sierra Leone, Somalia, Southern Africa, South Sudan, Sudan, Tanzania, Togo, Uganda, West Africa, Yemen, Zambia, Zimbabwe,

Use

The flowers and ripe fruit are eaten. The flowers are dried and used in sauces.

The ground bark is used for thickening soups.

The leaves are eaten raw or cooked.

The ashes of the root is used as cooking salt.

Cultivation

Plants can be grown by seed.

Production

The fruit are collected at the end of the rainy season.



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Nutritional Values

Grewia mollis

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Bark		91.9			3.7				

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