



### Common names

**Red-leaf hibiscus,**

Malvaceae

### Scientific name

***Hibiscus acetosella***

**Edible portion** Leaves, Fruit, Spice, Vegetable, Root, Flowers,



### Description

An annual plant. It grows 2-5 m high. It has a few hairs. It has leaves growing close to the ground. The leaves are shiny and red or green. They are usually deeply lobed. They are 10 cm long. The flowers are pink. They are in the axils of leaves. The fruit are oval and about 2.5 cm long and have bristles. It can be used as a hedge plant.

### Distribution

A tropical plant. It is best in sites sheltered from strong winds. It needs fertile, well-drained soil and full sun. It can grow in arid places. In XTBG Yunnan.

### Found in:

Africa\*, Angola\*, Asia, Brazil, Burundi, Cameroon, Central Africa, China, Congo DR, Côte d'Ivoire, Dominican Republic, East Africa, Ethiopia, Hawaii, India, Indonesia, Ivory Coast, Kenya, Malawi, Mozambique, Nigeria, Northeastern India, Pacific, Pan tropical, Rwanda, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, South Africa, Southern Africa, Sudan, Tanzania, Uganda, USA, West Africa, West Indies, Zambia, Zimbabwe,

### Use

The leaves are eaten raw or cooked. They can be steamed or put into soups and stews. They are often wilted in the sun. The young pods can also be used. The seeds can be roasted and used as a coffee drink. The flower petals are eaten as a drink. The root can be eaten but has little taste and is fibrous.

### Cultivation

Plants are grown from seeds. Seed are planted about 1 cm deep and 1 m apart. It can also be grown by cuttings. It can be grown as a hedge.

### Production



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By pruning as a hedge, large amounts of leaves can be produced in a small space. The leaves are usually collected in the rainy season. Young leaves are plucked from the plant.

**Nutritional Values**

*Hibiscus acetosella*

<b>Edible Part</b>	/100 g edible portion	<b>Moisture</b> %	<b>Energy</b> KJ	<b>Energy</b> Kcal	<b>Protein</b> g	<b>Provit A</b> µg	<b>Vit C</b> mg	<b>Iron</b> mg	<b>Zinc</b> mg
Leaves						78			



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