



Common names

Malvaceae

Scientific name

***Grewia capitellata***

Edible portion <sup>Fruit,</sup>

### Description

A shrub. It grows 3 m tall. The leaves are broadly oval and 10 cm long. There are teeth along the edge. The base is rounded but can be wedge shaped. There can be some fine hairs underneath. The flowers are white or yellow. They are in groups in the axils or leaves or at the ends of branches. The fruit have 2-6 lobes. They are edible.

### Distribution

It is a tropical plant.

### Found in:

Africa, East Africa, Kenya,

### Use

### Cultivation

### Production



Please Note: Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 Licence - this means you can share it freely, as is and with acknowledgement.



**Nutritional Values**

*Grewia capitellata*

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



**FOOD PLANTS INTERNATIONAL**



***Helping the Hungry Feed Themselves Well...  
... through the strategic use of God's amazing natural resources***

