

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

Common names

Malvaceae

Scientific name

Grewia capitellata

Edible portion Fruit,

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



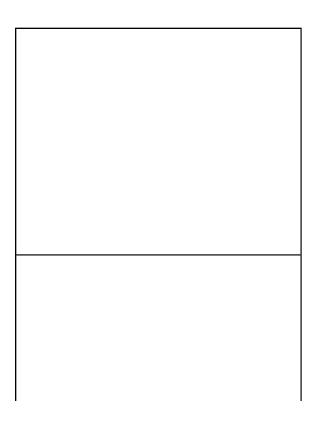
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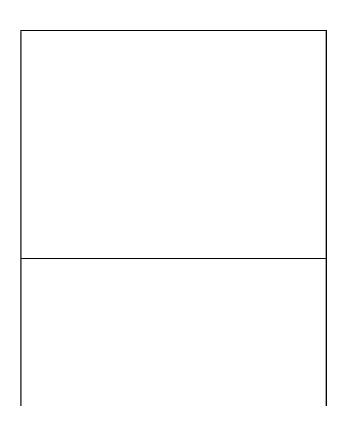


Nutritional Values

Grewia capitellata

	Moisture					Vit C	Iron	Zinc
Edible Part /100 g edib	le portion %	KJ	Kcal	g	μg	mg	mg	mg





FOOD PLANTS INTERNATIONAL



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