



Wilde Malve

Wild Mallow



DISTRIBUTION

- leaves: round to heart shaped, 5 - 10cm, softly hairy
- flower colour: violet to pink purple
- height: 30 cm to 120 cm

KEY CHARACTERISTICS

- helps with coughs and sore throat
- calms the stomach and digestion
- tea is good for colds and breathing problems
- soothing and softening effect

GROWING & HARVESTING INFORMATION

- grows best in sunny or half shaded places
- likes rich soil
- often found on meadows and near paths
- leaves can be picked from spring to autumn
- flowers are best picked between June and September
- water only when very dry

NICE TO KNOW

- plant family: Malvaceae
- leaves, flowers and seeds are edible, can be used in salads or cooked as a vegetable
- has vitamins and minerals
- grows in Europe, Asia and North Africa

