

Bele – Cut-leaf Manihot

Abelmoschus manihot



Bele is a little-known vegetable with huge potential. Its leaves are eaten raw or used in cooking. Easy to grow – the new plant is ready to harvest just 2-3 months after cuttings are planted. A healthy plant will produce for 1-2 years in tropical and sub-tropical climates.

Highly nutritious – the protein content of the leaves is high – 5%. It also contains high levels of vitamins A, C and calcium as well as iron.

The W.H.O. recommends it as a good first vegetable for babies because its young shoots and leaves contain very little fiber, so it is easy to digest.

Fish is often wrapped in Bele leaves and cooked in coconut cream.

In Houston, grow where it can get some afternoon shade during our hottest months.