PLANT FACT SHEET

Oreocnide frutescens (Thunb.) Miquel

GENUS *Oreocnide* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Root, Leaves, Seeds

The powdered root is mixed with flour of rice or wheat and baked to add softness to the taste of bread. The tender leaves and shoots are cooked as a vegetable.

DESCRIPTION

A herb or shrub. It grows to about 3 m high. The leaves have stalks. The leaves are 8-15 cm long by 3.5-5 cm wide. They are oval to sword shaped. They taper to the tip. There are teeth along the edge. They are hairy and pale underneath. The flowers are yellowish.

HABITAT

It is a subtropical plant. In Nepal it grows between 500-2200 m altitude. It grows on rocky soil in warm, broad-leaved forests. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

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