PLANT FACT SHEET

Elatostema macrophyllum Brongn.

GENUS *Elatostema* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves and tips are eaten.

DESCRIPTION

A soft fleshy shrub. It can grow 0.5-1 m tall. The leaves are large and alternate.

There are about 40 species of Elatostema in PNG

HABITAT

A tropical plant. It grows wild in the highlands. In the Philippines it has been recorded at 400 m above sea level. It suits the wet tropics.

NOTES

There are about 200 Elatostema species.
The porous leaves are used to extract salt.

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