PLANT FACT SHEET

Pouzolzia denudata De Wild. & T. Durand

GENUS *Pouzolzia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled and eaten as a relish.

DESCRIPTION

A creeper.

HABITAT

It is a tropical plant. It grows in secondary forest.

REFERENCES

Terashima, H., & Ichikawa, M., 2003, A comparative ethnobotany of the Mbuti and Efe hunter-gatherers in the Ituri Forest, Democratic Republic of Congo. African Study Monographs, 24 (1, 2): 1-168, March 2003

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/08c4fd56-e3b5-4e0b-b7b4-b4301960f081