PLANT FACT SHEET

Elatostema sessile Forst. & Forst.f.

GENUS *Elatostema* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Seeds

The tender leaves and shoots are cooked as a vegetable.

DESCRIPTION

A herb. It grows to 60 cm high. The stems are creeping. The leaves have short stalks. The leaves are 1-20.5 cm long by 0.8-6.3 cm wide. They are oval and taper to the tip. They have coarse sharp teeth around the edge. The flowers are greenish-white. The fruit is dry and angular with one seed.

HABITAT

A tropical plant. It grows in Nepal between 500-3000 m altitude. It grows on wet rocks beside streams.

PRODUCTION

Cultivation

Plants can be grown by dividing the roots.

NOTES

There are about 200 Elatostema species.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 192

Angami, A., et al, 2006, Status and potential of wild edible plants of Arunachal Pradesh. Indian Journal of Traditional Knowledge 5(4) October 2006, pp 541-550

Balkrishna, A., et al, 2022, Indigenous Uses of Plants among Forest-dependent Communities of Seijosa, Arunachal Pradesh. International Journal of Economic Plants 2022, 9(1):064-080

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 921

Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017.

Gangwar, A. K. & Ramakrishnan, P. S., 1990, Ethnobotanical Notes on Some Tribes of Arunachal Pradesh, Northeastern India. Economic Botany, Vol. 44, No. 1 pp. 94-105

Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development.

Kar, A., et al, 2013, Wild Edible Plant Resources used by the Mizos of Mizoram, India. Kathmandu University Journal of Science, Engineering and Technology. Vol. 9, No. 1, July, 2013, 106-126

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 214

Murtem, G. & Chaudhrey, P., 2016, An ethnobotanical note on wild edible plants of Upper Eastern Himalaya, India. Brazilian Journal of Biological Sciences, 2016, v. 3, no. 5, p. 63-81

Pfoze, N. L., et al, 2012, Assessment of Local Dependency on Selected Wild Edible Plants and fruits from Senapati district, Manipur, Northeast India. Ethnobotany Research & Applications 10:357-367

Ronald, K., et al., 2019, Wild edible plants used by the ethnic communities of Shi Yomi District of Arunachal Pradesh, India. Pleione 13(2): 247 - 257.

Tsering, J., et al, 2017, Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunchal Pradesh. Indian Journal of Traditional Knowledge. Vol 16(4), October 2017, pp 626-637

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/09d39c53-6bb3-4fa9-9cf5-06f334ad6e79