PLANT FACT SHEET

Laportea interrupta (L.) Chew

GENUS *Laportea* **FAMILY** Urticaceae

COMMON NAMES Hen's nettle, Island nettle

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten, cooked.
CAUTION The stinging hairs cause mild pain to the skin when touched.

DESCRIPTION

A small herb up to 60 cm high but it can grow to 2m. It has stinging hairs. The stems are woody at the base. The leaves are alternate. They are produced on 3-7 cm long leaf stalks. The leaves are toothed at the edge. The leaves are 8-13 cm long by 4-6 cm wide. They have a papery texture. The flowers are greenish in small clusters. Flowers are of separate sexes but on the same plant. They grow in the axils of leaves on a longish stalk. This stalk can be 10 cm long. The fruit is one celled and dry. It is about 1.5 cm long. It has a smooth wing like edge.

HABITAT

A tropical plant. It is widespread in the lowland tropics mostly below 700 m altitude. It grows best in part shade. It grows in savannah woodland. In Yunnan.

PRODUCTION

Cultivation

It mostly grows wild. It can be grown by seeds or cuttings.

PICTURES



Credit: Food Plants International (Bruce French)

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