PLANT FACT SHEET

Poikilospermum suaveolens (Blume) Merr.

GENUS *Poikilospermum* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vine for water, Fruit

The young leafy tops are eaten in salads and also boiled.
The leaves and young shoots are cooked and eaten as a vegetable.
The stem yields a quantity of water.
The ripe fruit are eaten.

DESCRIPTION

A vine like shrub or climber. A stout woody plant which grows on other plants. It keeps its leaves throughout the year. The main stem is brown and there are several aerial roots. The leaves are simple. The leaves are alternate and narrowly oval. They are leathery. They are 10-35 cm long by 7-23 cm wide. The leaf base is wedge or heart shaped and it tapers to the tip. The flowers contain both sexes and have a scent. They are in dense round heads in the axils of the leaves. The fruit has one seed.

HABITAT

It is a tropical plant. It grows in moist places in forests and near streams between 500-600 m above sea level. In northeastern India it grows up to 1,200 m above sea level. In Yunnan.

NOTES

It is used in medicine.
Other lists have it in the Moraceae and the Cecropiaceae.

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