PLANT FACT SHEET

# *Boehmeria penduliflora* Wedd. ex Long

**GENUS** *Boehmeria* **FAMILY** Urticaceae

## EDIBLE PARTS AND USES

**Edible parts:** Stems, Leaves

The young stems and leaves are boiled and eaten or cooked in stir fry dishes.

## DESCRIPTION

A shrub. It can have trailing branches. It can grow to 4.5 m tall. The branches are four angled with 4 grooves. The leaves are opposite and slightly unequal in size. They are narrow or sword shaped. They are 5-19 cm long by 2-6 cm wide.

## HABITAT

A tropical plant. In China it grows near the edges of forests and along streams between 500-2,000 m above sea level. It grows in Sichuan and Yunnan in China.

## PRODUCTION

### Harvesting and Seed Production

In Yunnan the leaves are harvested in June and July.

## REFERENCES


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**PROVIDED BY** **Food Plants International**

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



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