PLANT FACT SHEET

Scepocarpus oblongifolius (Benth.) T.Well & A.K.Monro

GENUS *Scepocarpus* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are slimy and often cooked with cassava leaves.

DESCRIPTION

A woody creeper. It has roots that can attach to other plants. It can grow 16 m high. It has some stinging glands.

HABITAT

A tropical plant. It grows in deciduous forests in West Africa.

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Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 108 (As Urera oblongifolia)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 223 (As Urera oblongifolia)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew (As Urera oblongifolia)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/17edc0e4-2238-4403-8f72-5d9729086d3b