PLANT FACT SHEET

# *Pilea microphylla* (L.) Liebm.

**GENUS** *Pilea* **FAMILY** Urticaceae

**COMMON NAMES** Rockweed

## EDIBLE PARTS AND USES

**Edible parts:** Leaves - spice, Plant - spice, Plant - tea

The leaves are eaten raw.

## DESCRIPTION

A herb that grows each year from seed. It is a creeping plant. The stems are branched. The leaves are very small and fleshy. They are round and 2-3 mm across. The flowers are white and of one sex. They form groups in the axils of the leaves. There are only a few flowers. The fruit is small and has one seed.

## HABITAT

It is a tropical plant. In Ecuador it grows between sea level and 3,500 m above sea level. It is often in shady areas and near water. It can survive in dry places. In Argentina it grows below 500 m above sea level.

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Flora of China @ efloras.org Volume 5

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



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