PLANT FACT SHEET

Urtica echinata Benth.

GENUS *Urtica* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - drink

DESCRIPTION

A herb. It keeps growing from year to year.

HABITAT

It is a temperate plant.

REFERENCES

Leon-Lobos, P., et al, 2022, Patterns of Traditional and Modern Uses of Wild Edible Native Plants of Chile: Challenges and Future Perspectives. Plants (Basel) v 11 (6) Table S1

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 612

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/20133498-0a30-4e83-8b68-aad3269e89ce