PLANT FACT SHEET

Pouzolzia zeylanica (L.) Benn.

GENUS *Pouzolzia* **FAMILY** Urticaceae

COMMON NAMES Graceful pouzolzbush

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Leaves - tea

The tender leaves and shoots are cooked and eaten as a vegetable. They have the smell of cucumbers. When roots become tuberous they are eaten raw, boiled or roasted.

DESCRIPTION

A small herb. It keeps growing from year to year. It grows 40-80 cm tall. The base of the plant can creep along the ground and form roots at the nodes. The leaves have leaf stalks and are thinly hairy. The lower leaves occur opposite one another and the higher leaves are alternate. The leaf blade is oval and 3.5 cm long by 1 cm wide. The side veins end at the edge of the leaf. The male and female flowers are in separate round heads in the axils of leaves. The flowers are greenish. The fruit is dry and oval and ribbed.

HABITAT

A tropical and subtropical plant. It grows in moist and humid places. In Vietnam it grows from sea level to 1,000 m above sea level. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

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