PLANT FACT SHEET

Gonostegia hirta (Blume) Miquel

GENUS *Gonostegia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Root - starch

The young leaves are cooked and eaten as a vegetable. They are also used in soup.
The ground root is used to prepare chapatti. They are also toasted or boiled.

DESCRIPTION

A herb that keeps growing from year to year. It is a creeping shrub. It can grow 1 m tall. The leaves are more than 1 cm wide and about 3 cm long. They are opposite and thin. The leaves can be 2-12 cm long and 1-4 cm wide.

HABITAT

It is a subtropical plant. It grows in wet places at low to medium altitudes in Taiwan. In Northeastern India it grows between 1,900-2,200 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 5 species of Gonostegia.
Some put these in Pouzolzia.

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