PLANT FACT SHEET

Pouzolzia mixta Solms-Laub.

GENUS *Pouzolzia* **FAMILY** Urticaceae

COMMON NAMES Soap nettle, Snuggle-leaf

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten as a green vegetable. They are chopped and cooked with coconut milk or pounded with peanuts.
Caution: The hairs on the leaves cause itching until it is put into hot water.

DESCRIPTION

A shrub. It can be 4 m high The stems are slender. The bark is dark purple-brown and smooth. The leaves are alternate. They are 10 cm long by 5 cm wide. There are no teeth along the edge. The leaves taper to the tip. The upper surface is green and the lower surface is covered with white felt. The flowers are in dense round clusters. These are 1 cm across.

HABITAT

It is a tropical plant. It grows in open deciduous woodland. It is often on rocky banks and hillsides. It grows between 250-1,900 m altitude. It grows in areas with an annual rainfall between 300-450 mm. It can grow in arid places.

PRODUCTION

Cultivation

It can be grown from seeds.

Harvesting and Seed Production

Leaves are collected in the rainy season.

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