PLANT FACT SHEET

Oreocnide rubescens (Blume) Miq.

GENUS *Oreocnide* **FAMILY** Urticaceae

COMMON NAMES Stinging tree

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The young leaves and shoots are eaten raw or steamed.
The stems are boiled and then eaten with chilli sauce.

DESCRIPTION

A shrub or small tree. It has a crooked trunk and many branches. It grows 3-15 m tall. The leaves are alternate. They are narrowly oval and wedge shaped at the base. It tapers to the tip. There are teeth along the edge. The flowering shoots are in the axils of leaves or where leaves have fallen. The flowers are in balls and small. They are green or yellow. The fruit is white and juicy.

HABITAT

A tropical plant. In Indonesia it grows from sea level to 1,700 m above sea level. It grows in forests and shady locations. It grows in Yunnan in China.

PRODUCTION

Cultivation

Plants can be grown from seeds.

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