PLANT FACT SHEET

Parietaria officinalis L.

GENUS *Parietaria* **FAMILY** Urticaceae

COMMON NAMES Pellitory of the wall

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Juice

The young leaves are cooked in mixtures. They are used in soups and omelettes.
The roots were boiled twice to reduce bitterness and then fried or roasted.

DESCRIPTION

A herb. It grows 60 cm tall and 60 cm wide. Plants are separately male and female. The stems are reddish. The leaves are 3-6 cm long. The veins under the leaves are hairy. The flowers are green and grow in clusters in the axils of the leaves.

HABITAT

It is a temperate plant.

NOTES

Medicine.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3bc8fadf-491e-48d0-b3ac-8ba05a60b21e