PLANT FACT SHEET

Laportea grossa (Wedd.) Chew

GENUS *Laportea* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a vegetable.

DESCRIPTION

A nettle herb. It grows each year from seed. The stems are soft. They can be lying down and form roots at the nodes. It grows 1 m tall. It can have a few stinging hairs. The leaves are broadly oval and 6.5-13 cm long by 4.5-12 cm wide. There are large teeth along the edge.

HABITAT

It is a subtropical plant. It usually grows along rivers.

REFERENCES

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 359

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 106

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4750dc18-264a-4ddf-a55d-2aff5d53c1a8