PLANT FACT SHEET

Elatostema platyphyllum Weddell

GENUS *Elatostema* **FAMILY** Urticaceae

COMMON NAMES Messenger-of-the-red-cart

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Shoots

The tender leaves and shoots are cooked and eaten as a vegetable.

DESCRIPTION

A succulent herb. It keeps growing from year to year. It grows 40-60 cm high. The stems zig-zag. They are slightly hairy. The leaves are oblique and sword shaped. They are 10-24 cm long by 5-9 cm wide. They have short leaf stalks. The lower lobe on one side is ear shaped. There are teeth along the edge. The flowers are in compressed round heads. The flowers are cream. The fruit is dry and 0.5 mm long, with one seed and oval.

HABITAT

It is a temperate or subtropical plant. It grows in Nepal between 1100-2000 m altitude. It grows in Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown by dividing the root.

NOTES

There are about 200 Elatostema species.

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