PLANT FACT SHEET

Elatostema lineolatum Wight

GENUS *Elatostema* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked as a vegetable.

DESCRIPTION

A herb or small shrub. It can grow to 2 m tall. The leaves are alternate and it does not have stinging hairs. The leaves are obliquely oblong and 3-15 cm long by 2-4 cm wide.

HABITAT

It is a tropical and subtropical plant. It grows near the edges of forests between 200-1,800 m above sea level. In Northeastern India it grows between 1,700-2,000 m above sea level. In Yunnan.

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