PLANT FACT SHEET

Pilea umbrosa Blume

GENUS *Pilea* **FAMILY** Urticaceae

COMMON NAMES Chholyang

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender shoots and leaves are cooked as a vegetable.

DESCRIPTION

A herb. It grows to 50 cm high. The leaves have stalks. The leaves are 5-15 cm long by 4-8 cm wide. They are oval and taper to the tip. They are hairy and have coarse teeth around the edge. The base is rounded. The flowers are greenish. The fruit is dry.

HABITAT

A subtropical plant. In Nepal it grows between 1200-2500 m altitude. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed or root offshoots.

NOTES

There are about 250 Pilea species. They occur in tropical and warm temperate regions.

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PROVIDED BY **Food Plants International**

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

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