PLANT FACT SHEET

Pouzolzia viminea Wedd. in DC.

GENUS *Pouzolzia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Bark

The bark is dried and powdered then eaten.
The young leaves are cooked and eaten as a vegetable.

DESCRIPTION

An upright shrub. The branches are slender. They can be softly hairy. The leaves are small and alternate. They are narrowly oval and taper to the tip. There can be teeth along the edge. They are dark green. The fruit is dry.

HABITAT

A tropical plant. In India it is in Garhwal Himalayas.

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

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