PLANT FACT SHEET

Girardinia diversifolia subsp. diversifolia

GENUS *Girardinia* **FAMILY** Urticaceae

COMMON NAMES Nilgiri nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The young leaves are boiled and eaten.

DESCRIPTION

A small shrub. It is woody at the base and keeps growing from year to year. It grows 2.5 m tall. It has bristles 5 mm long and stout stinging hairs. The stems are shoots are ridged. The leaves are broadly oval and hairy. They are 7-25 cm long by 6-15 cm wide and can have lobes arranged like fingers on a hand. The flowers are very small. The female flowers are in bristly spikes.

HABITAT

It is a subtropical plant. In Sikkim it grows between 900-2,500 m above sea level.

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