PLANT FACT SHEET

Urtica parviflora Roxb.

GENUS *Urtica* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender shoots are cooked as a vegetable. They are also used in soups.

DESCRIPTION

A herb. It grows 50 cm tall. It keeps growing from year to year The stems are slender. It grows 25-50 cm all. It has stinging hairs. The leaf blade is broadly oval and 3-9 cm long by 2-7 cm wide. The male and female flowers are separate at different distances along the branch.

HABITAT

It is a temperate plant. It grows in moist places and along streams. In Sikkim it grows between 1,200-2,000 m above sea level.

NOTES

It is used in medicine for sciatica.

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