PLANT FACT SHEET

Pouzolzia hirta (Blume) Hassk.

GENUS *Pouzolzia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The leaves are eaten raw or cooked. The stems are also used.
The fresh root is chewed.

DESCRIPTION

A small shrub or herb which lies along the ground. It grows to 1.5 m tall. It has many branches. The leaves are opposite and without leaf stalks. The leaves are long and sword shaped and with 3-5 side veins. The flowers are like a ball. The male and female flowers are separate and the flower ball is produced in the axils of leaves. The flowers are pinkish. The fruit is dry. It is enclosed in the outer ring of flower parts.

Possibly now Gonostegia hirta

HABITAT

A tropical plant. It is common in wet land. It is often in ditches, creek banks and the edges of ponds. In Nepal it grows between 500-2400 m altitude. It grows in moist, open places.

PRODUCTION

Cultivation

The plants are grown from seeds or root offshoots.

NOTES

The leaves are considered to improve milk supply by nursing mothers.

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