PLANT FACT SHEET

Boehmeria japonica var. tenera (Blume) Friis & Wilmot-Dear

GENUS *Boehmeria* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb or small shrub. It can grow 1 m tall. The leaves are opposite and unequal in size. They are 3-8 cm long and 2-6 cm wide.

HABITAT

It is a temperate plant. It grows in Sichuan.

NOTES

There are about 100 Boehmeria species. They grow in the tropics and subtropics.

REFERENCES

Flora of China @ efloras.org Volume 5 (As Boehmeria spicata)

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26 (As Boehmeria spicata)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Boehmeria spicata)

Trans Linn. Soc. London 2:330. 1794 (As Boehmeria spicata)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/73e63876-445c-44e8-827a-37e67e40d7f0