PLANT FACT SHEET

Urera elata (Sw.) Griseb.

GENUS *Urera* **FAMILY** Urticaceae

COMMON NAMES Bugrun

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

DESCRIPTION

The fruit are bright and fleshy.

HABITAT

It is a tropical plant.

REFERENCES

Castaneda, H., & Stepp, J. R., 2007, Ecosystems as Sources of Useful Plants for the Guaymi People of Costa Rica. Ethnobotany Journal. 5:249-257

Langlois, H. C., 2004, Ethnobotanical analysis of different successional stages as sources of wild edible plants for the Guaymi people in Costa Rica. M. Sc. thesis University of Florida.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/74a8c791-be8a-49f7-b3c5-0ba1bd99f3f5