PLANT FACT SHEET

Girardinia bullosa (Hochst. ex Steud.) Wedd.

GENUS *Girardinia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A herb. It can grow 2-3 m tall. It has stinging hairs.

HABITAT

It is a tropical plant.

NOTES

There are 2 Girardinia species.

REFERENCES

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Regassa, T., et al, 2014, Ethnobotany of Wild and Semi-Wild Edible Plants of Chelia District, West-Central Ethiopia. Science, Technology and Arts Research Journal. 3(4): 122-134

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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/75abddc5-2e63-42b8-9e49-5b594827239d