PLANT FACT SHEET

Elatostema cuneatum Wight

GENUS *Elatostema* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked and eaten. They are leached.

DESCRIPTION

A herb. It keeps growing from year to year. The stems are unbranched and can be 25 cm tall. It does not have stinging hairs. Male and female flowers are on separate plants.

HABITAT

It is a tropical plant. It grows in shaded places in the lowlands. It also grows between 1,200-1,400 m above sea level in southern China. And to 1,600 m above sea level in Northeastern India. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed sown directly where they are to grow.

NOTES

There are about 200 Elatostema species.

REFERENCES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/77a1940a-3cda-49ff-afa3-6498ff931854