PLANT FACT SHEET

Pilea insolens Wedd.

GENUS *Pilea* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used in fermenting perilla seeds.

DESCRIPTION

A herb. It has stolons or runners. The stems are simple and 20-50 cm long. They are succulent. The leaves are pale green underneath. They are oval but unequal in shape. They are 5-13 cm long by 3-6 cm wide.

HABITAT

It is a subtropical plant.

REFERENCES

Taram, M., et al, 2018, Wild Food Plant Resources of Komkar Adi Tribe of Upper Siang District in Arunachal Pradesh, India. Bulletin of Arunachal Forest Research, Vol. 33(2), 27-35

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7a883ad9-cf30-43f5-88fb-ec1feb607c59