PLANT FACT SHEET

Obetia tenax (N. E. Br.) Friis

GENUS *Obetia* **FAMILY** Urticaceae

COMMON NAMES Rock tree nettle, Mountain nettle

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a spinach.

DESCRIPTION

A small tree. It loses its leaves during the year. It grows 2-7 m tall. It has soft wood. The bark is pinkish-brown and smooth. The branches have stinging hairs. Male and female flowers are probably on separate trees. The leaves are simple and alternate. They are round or heart shaped with deep teeth along the edge. The leaves are 5-15 cm long by 3-10 cm wide. They are oval but can have 3 lobes. The flowers are in short clusters in the axils of leaves. They are pinkish-green.

HABITAT

It is a subtropical plant. It grows in rocky ravines in bushland. It is often on granite outcrops between 1,000-1,400 m above sea level. It is often in hot dry places.

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