PLANT FACT SHEET

Pouzolzia calophylla W. T. Wang & C. J. Chen

GENUS *Pouzolzia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The young leaves and stems are eaten in soup.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant.

REFERENCES

Ding, X., 2021, Collection calendar: the diversity and local knowledge of wild edible plants used by Chenthang Sherpa people to treat seasonal food shortages in Tibet, China. Journal of Ethnobiology and Ethnomedicine 17:40

Murtem, G. & Chaudhrey, P., 2016, An ethnobotanical note on wild edible plants of Upper Eastern Himalaya, India. Brazilian Journal of Biological Sciences, 2016, v. 3, no. 5, p. 63-81 (As Pouzolzia sanguinea var. fulgens)

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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/84436851-7d6d-4fc6-827e-df024b800d45