PLANT FACT SHEET

Pouzolzia guineensis Benth.

GENUS *Pouzolzia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten as a cooked vegetable.

DESCRIPTION

A herb. It can be woody at the base. It grows 1-2 m tall. It varies a lot. It can grow each year from seed or last for a few years. The leaves are alternate and simple. The leaf stalk is about 3 cm long. The blade is sword shaped or oval and 2-9 cm long by 1-4 cm wide. The flowers are in groups on the axils of leaves. There are 1-2 female flowers and several male flowers. The fruit is flat and dry. It is 2 mm long.

HABITAT

A tropical plant. It grows in open places and near villages in the forest zone of West Africa. It is often in moist shaded woodland. It grows between 600-1,300 m above sea level.

NOTES

There are 50 Pouzolzia species. There are 14 Pouzolzia species in tropical America.

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