PLANT FACT SHEET

Scepocarpus cordifolius (Engl.) T.Wells & A.K.Monro

GENUS *Scepocarpus* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked in soups and in stews.

DESCRIPTION

A woody climber. Male and female plants are separate. It grows 10 m long. The stems are 3 cm across. They attach to other plants by roots along the stem. The stem is 5 lobed in cross section. Younger branches have stinging hairs. The leaves are simple and alternate. The leaf stalk is 12 cm long. The leaf blade is oval and 18 cm long. The base is rounded or heart shaped and it tapers to the tip. The flowers are in loose groups in the axils of leaves. The male stalks are 16 cm long and the female ones 6 cm long. The flowers are only of one sex. Male flowers have a 2 mm long stalk. Female flowers do not have a stalk. The fruit is dry and 2 mm long.

HABITAT

It is a tropical plant. It grows in dense, humid lowland forest.

NOTES

There are about 35 Urera species.

REFERENCES

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World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew (As Urera cordifolia)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9132546a-9488-4f13-9f2d-d1c18d400635