PLANT FACT SHEET

Elatostema dissectum Weddell

GENUS *Elatostema* **FAMILY** Urticaceae

COMMON NAMES Gungee

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The leaves are cooked and eaten.
The leaves are fruit are edible raw or cooked.

DESCRIPTION

A herb that keeps growing from year to year. It can grow to 1 m tall. It does not have stinging hairs. The leaves are alternate and the leaves are obliquely oblong and 8-15 cm long by 3-5 cm wide.

HABITAT

It is a tropical plant. It grows in mountain forests and along rivers. It western China it grows between 500-2,100 m above sea level. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds planted where they are to grow.

NOTES

There are about 200 Elatostema species.

REFERENCES

Cao, Y., et al, 2020, Ethnobotanical study on wild edible plants used by three trans-boundary ethnic groups in Jiangcheng County, Pu'er, Southwest China. Journal of Ethnobiology and Ethnomedicine (2020) 16:66

Fern, K., 2012, Tropical Species Database http://theferns.info/tropical/

Flora of China @ efloras.org Volume 5

Gangwar, A. K. & Ramakrishnan, P. S., 1990, Ethnobotanical Notes on Some Tribes of Arunachal Pradesh, Northeastern India. Economic Botany, Vol. 44, No. 1 pp. 94-105

Kayang, H., 2007, Tribal knowledge on wild edible plants of Meghalaya, Northeast India. Indian Journal of Traditional Knowledge. Vol. 6(1), January 2007, pp. 177-181

Kunkel, G., 1984, Plants for Human Consumption.

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Singh, B., et al, 2012, Wild edible plants used by Garo tribes of Nokrek Biosphere Reserve in Meghalaya, India. Indian Journal of Traditional Knowledge. 11(1) pp 166-171

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/93370ca8-d84d-4022-afe5-3f940eb3861e