PLANT FACT SHEET

Urtica circularis (Hicken) Soraru

GENUS *Urtica* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

DESCRIPTION

A herb. It grows each year from seed.

HABITAT

It is a temperate plant. In Argentina it grows from sea level to 1,000 m above sea level.

REFERENCES

INFOODSUpdatedFGU-list.xls

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Kinupp, V. F. & Bergman, I., 2008, Protein and minerals of native species, potential vegetables and fruits. Cienc.Tecnol. Aliment. Vol. 28 No. 4 Campinas Oct/Dec.

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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/9344fbcb-6a06-4f80-b228-0a717beddd52