PLANT FACT SHEET

Pouzolzia rugulosa (Weddell) Acharya & Kravtsova

GENUS *Pouzolzia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Bark

Powdered bark is mixed with flour to make bread soft and tasty. It is also mixed with rice flour.

DESCRIPTION

A medium sized tree. The leaves are alternate. They are 5.5-18 cm long by 2-4.5 cm wide. They are sword shaped. They leaf surface is rough and dark green above with 3 strong veins. The flowers do not have stalks. They are greenish. The fruit is a dry fruit with one seed.

HABITAT

It is a temperate plant. In Nepal it grows between 300-1700 m altitude.

PRODUCTION

Cultivation

Plants are grown from seed or branch cuttings.

NOTES

There are about 100 Boehmeria species. They grow in the tropics and subtropics.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/98e3aace-4a74-4f93-9c7e-d0559892dad1