PLANT FACT SHEET

Urtica simensis Hochst. ex Steud.

GENUS *Urtica* **FAMILY** Urticaceae

COMMON NAMES Samma

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are often rubbed between cloth then boiled and eaten. They are usually crushed and salted. They can be eaten alone or with other foods.
They are also cooked and eaten.

DESCRIPTION

A nettle plant. It is an erect herb and does not branch. It grows 1 m tall. It has a creeping underground stem or rhizome. The leaves are oval and have coarse teeth. They are 5-12 cm long by 3-8 cm wide. It has stinging hairs. Plants are separately male and female.

HABITAT

It is a tropical plant. In Ethiopia it grows between 2,500-3,500 m altitude.

PRODUCTION

Cultivation

The plant can be grown by seeds or runners.

Harvesting and Seed Production

The leaves need to be harvested without getting stung by the stinging hairs.

NOTES

It is also used in medicine.

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