PLANT FACT SHEET

Pouzolzia zeylanica var. zeylanica

GENUS *Pouzolzia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Roots, Tubers

The tuberous roots are boiled and eaten.

DESCRIPTION

A herb.

HABITAT

A tropical plant. It grows near Chennai.

REFERENCES

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 84 (As Urtica tuberosa)
SHORTT, (As Urtica tuberosa)

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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/99bfbd69-aeb5-44a1-9c1a-0928edea639f