PLANT FACT SHEET

Boehmeria ternifolia D. Don

GENUS *Boehmeria* **FAMILY** Urticaceae

COMMON NAMES Dhadale, Kamle

EDIBLE PARTS AND USES

Edible parts: Leaves

Tender shoots and leaves are cooked and eaten as a vegetable.

DESCRIPTION

A shrub. It grows up to 3 m high. The leaves are 5.5-16 cm long by 3.5-15 cm wide. The leaves are almost round with a toothed edge. The end of the leaf is rounded and cup shaped. The flowers are yellowish. The fruit is dry and one seeded.

HABITAT

It is a temperate plant. In Nepal it grows between 900-2300 m altitude. It grows on open hillsides.

PRODUCTION

Cultivation

Plants are grown from seed of root offshoots.

NOTES

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

REFERENCES

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Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 116

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9a77e678-c852-47b6-b16e-2e2dc9dd24a1