PLANT FACT SHEET

Pilea melastomoides (Poir.) Wedd.

GENUS *Pilea* **FAMILY** Urticaceae

COMMON NAMES Poh-pohon, Sweet nettle

EDIBLE PARTS AND USES

Edible parts: leaves - condiment, Spice, Vegetable

The young leaves are used to flavour food. They are eaten raw or steamed.

DESCRIPTION

A herb. It is robust and can be erect or curving upwards. It grows 50-200 cm high. The stems are fleshy and often tinged red. The leaves are on unequal length stalks. The leaves are broadly oval or sword shaped and the base is wedge shaped. There are coarse teeth along the edge. The leaves are 5-25 cm long by 3-10 cm wide. They are shiny and dark green above.

HABITAT

A tropical plant. In Indonesia it grows between 500-2,700 m above sea level. It grows in humid places. In Yunnan.

PRODUCTION

Cultivation

It can be grown from cuttings or side branches that have developed roots.

NOTES

There are about 250 Pilea species. They occur in tropical and warm temperate regions.

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PROVIDED BY **Food Plants International**

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