PLANT FACT SHEET

Pouzolzia parasitica (Forssk.) Schweinf.

GENUS *Pouzolzia* **FAMILY** Urticaceae

COMMON NAMES Small stinging nettle

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled and eaten but are tasteless.

DESCRIPTION

A scrambling herb or shrub. It grows 1 m tall from a woody rhizome or underground stem. It is hairy on stems and leaves. The leaf stalks are slender. They are 6 cm long. The leaf blades are oval and narrow towards the tip. There are teeth along the edge. The leaves are 13 cm long by 6 cm wide. The flowers are in dense clusters. They are in the axils of leaves.

HABITAT

It is a tropical plant. It grows between 1,000-1,500 m above sea level. It is rare in Swaziland. It grows in higher rainfall woodland. It is often on termite mounds. It is often in shade.

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