PLANT FACT SHEET

Pilea racemosa (Royle) Tuyama

GENUS *Pilea* **FAMILY** Urticaceae

COMMON NAMES Lede sag

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender shoots and leaves are cooked as a vegetable.

DESCRIPTION

A herb. It grows about 10 cm high. The leaves are crowded at the top of the stem. They are oval and have teeth around the edge. The base is rounded. The flowers are red. They are at the ends of branches.

HABITAT

A subtropical plant. In Nepal it grows between 2000-3800 m altitude. It grows in moist areas and on mossy tree trunks. It grows between 2,200-5,400 m above sea level. In Sichaun and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed or root offshoots.

NOTES

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

REFERENCES

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Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 364

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a36e79a2-433c-418c-a64e-5377984190f0