PLANT FACT SHEET

Elatostema nasutum Hook.f.

GENUS *Elatostema* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It keeps growing from year to year. It grows 15-45 cm tall. The leaves are alternate and 3-9 cm long by 2-3.5 cm wide. They have teeth along the edge. Male and female flowers occur separately in single stalks.

HABITAT

It is a subtropical plant.

REFERENCES

Li, S., et al, 2020, Monpa, memory, and change: an ethnobotanical study of plant use in Mêdog County, South-east Tibet, China. Journal of Ethnobiology and Ethnomedicine. (2020) 16:5 p 23

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a5f9b9ab-6bdc-49ae-a08f-67b6098a0950