PLANT FACT SHEET

Urtica mairei H. Lev.

GENUS *Urtica* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are used as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. It has rhizomes that are runners. It grows 100 cm tall. The leaf stalks have stinging hairs. The leaves are oval or heart shaped and 6-15 cm long by 3-10 cm wide. The leaves can have double teeth or lobes.

HABITAT

It is a temperate plant.

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Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

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