PLANT FACT SHEET

Ouret lanata (L.) Kuntze

GENUS *Ouret* **FAMILY** Amaranthaceae

COMMON NAMES Mountain knot grass

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

DESCRIPTION

A small shrub. It can grow 30 cm to 2 m tall. It is branched near the base. The stems and branches have white woolly hairs. The leaves are alternate. They are almost round. They are hairy underneath. The flower spikes can be single or in clusters.

HABITAT

It is a tropical plant. It suits the seasonally dry tropics.

NOTES

Medicine. It is used to treat kidney stones.

REFERENCES

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b48377d9-ce03-43f0-8b2f-27c75aa86b0a