PLANT FACT SHEET

Pilea symmeria Weddell

GENUS *Pilea* **FAMILY** Urticaceae

COMMON NAMES Chiple, Gagaleto

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender shoots and leaves are cooked as a vegetable.

DESCRIPTION

A creeping herb. The leaves have stalks and are opposite. The leaves are 2-19-5 cm long by 0.8-7 cm wide. They are oblong to sword shaped. The taper to a long tip. The ends have teeth. The flowers are small and greenish. They occur in clusters in the axils of leaves.

HABITAT

It is a temperate plant. In Nepal it grows between 1600-3000 m altitude. It grows in crevices of rocks in moist places.

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.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b4d966ec-ced7-4c35-bbd1-0b58072be72c