PLANT FACT SHEET

Girardinia diversifolia (Link.) Friis

GENUS *Girardinia* **FAMILY** Urticaceae

COMMON NAMES Himalayan nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds, Vegetable

The young leaves and flowers are cooked as a vegetable. They are also used in soup. They are also used in curry. The roasted seeds are pickled.

DESCRIPTION

A stout herb. It is an annual plant. It grows to 3 m high. The leaves are 10-24 cm long by 7-18 cm wide. It is divided deeply like fingers on a hand. There are teeth around the edge. They are covered with long stinging hairs. The base has 3 ribs. The flowers are yellow. They are clustered in a loose flower cluster.

HABITAT

A tropical plant. In Nepal it grows between 1200-3000 m altitude. It grows in moist, shady forested areas. In Zimbabwe it grows up to 1,710 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed or root offshoots.

NOTES

There are 2 Girardinia species.

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