PLANT FACT SHEET

Pouzolzia sanguinea (Blume) Merr.

GENUS *Pouzolzia* **FAMILY** Urticaceae

COMMON NAMES Lipe

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

Tender leaves are cooked and eaten as a vegetable.
The root powder is used to make bread.

DESCRIPTION

A shrub. It grows to 3 m high. It has a reddish stem. The leaves have stalks. They are alternate. The leaves are 5-15 cm long by 1-5 cm wide. They taper to the tip and have teeth around the edge. They are white and hairy underneath. The base is rounded or wedge shaped. The flowers are yellow. They are in clusters mostly in the axils of leaves. The fruit is dry and oblong. It is flattened.

HABITAT

A tropical plant. In Nepal plants grow between 900-3000 m altitude. They are common on rocky ground. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

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