PLANT FACT SHEET

Laportea peduncularis (Wedd.) Chew

GENUS *Laportea* **FAMILY** Urticaceae

COMMON NAMES River nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The leaves and flowers are cooked as a vegetable.

DESCRIPTION

A herb. It is slender and often grows as an annual. It grows 3 m high. It can be scrambling. It has a few stinging hairs. The leaves are alternate and widely spaced. The leaf blades are 12 cm long by 6 cm wide. The stalks can be 8 cm long. There are teeth along the edge and the leaf tapers to the tip. The leaves are pale underneath. The flowers are green. They are in small clusters.

HABITAT

It is a tropical plant. It grows in upland mountain forest. It grows between 1,100-1,700 m above sea level. It grows in dense shade and often near streams.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bc9b1a4d-98d9-4c93-aca8-272256a69bd9