PLANT FACT SHEET

Laportea mooreana (Hiern) Chew

GENUS *Laportea* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled and eaten as a relish.

DESCRIPTION

A herb.

HABITAT

It is a tropical plant.

REFERENCES

Terashima, H., & Ichikawa, M., 2003, A comparative ethnobotany of the Mbuti and Efe hunter-gatherers in the Ituri Forest, Democratic Republic of Congo. African Study Monographs, 24 (1, 2): 1-168, March 2003

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bee11080-e898-4051-814b-88d411651c48