PLANT FACT SHEET

Didymodoxa capensis (L.f.) Friis & Wilmot-Dear

GENUS *Didymodoxa* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Vegetable

DESCRIPTION

A herb. It grows each year from seed. It grows 35 cm tall. The stems can be smooth or have stiff hairs. The leaves are narrowly oval and 8-45 mm long by 6-38 mm wide. There can be teeth along the edge.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 106

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c1fcccb9-40b8-4cd9-bfcf-668ffc866b08