PLANT FACT SHEET

Parietaria judaica L.

GENUS *Parietaria* **FAMILY** Urticaceae

COMMON NAMES Pellitory of the wall

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots are eaten raw or cooked.

DESCRIPTION

A perennial herb which grows 60 cm tall. It spreads to 60 cm across. Male and female plants must be grown if seed is required. The leaves are oval and have hairs on the veins underneath. The flowers are green and in clusters in the axils of the leaves. The flowers are either male or female and borne on the same plant.

HABITAT

It is a temperate plant. It grows on hedgebanks and dry walls. It does best in an alkaline soil. It grows in well drained to dry soils and can grow in full sun or light shade. In Argentina it grows from sea level to 1,500 m above sea level. It suits hardiness zones 5-10. Hobart Botanical Gardens 1

PRODUCTION

Cultivation

Plants can be grown from seed. They are easily grown by division of the clump in spring.

NOTES

There are about 20 Parietaria species.

PICTURES



Credit: Food Plants International (Bruce French)

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