PLANT FACT SHEET

Oreocnide integrifolia (Gaudicj.) Miq.

GENUS *Oreocnide* **FAMILY** Urticaceae

COMMON NAMES Wild rhea

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are cooked with dried fish and made into a chutney.

DESCRIPTION

A shrub or tree. It grows 5-20 m tall. The bark is brownish and rough. The leaves are alternate and arranged in spirals. They are clustered near the ends of the twigs. The flowers are in lfat topped clusters near the ends of the twigs.

HABITAT

It is a tropical plant. It suits the wet tropics. It grows between 200-1,400 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d1254a3a-f7a4-4aed-bccc-7700b402cce2