PLANT FACT SHEET

Urtica ardens Link

GENUS *Urtica* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves, flowers and fruit are cooked and eaten as a vegetable.

DESCRIPTION

A shrub. It keeps growing from year to year. The rhizomes are woody. The stems are branched. It grows 1.5 m tall. It has some stinging hairs. The leaf blade is narrowly oval and 5-15 cm long by 2-6 cm wide. There are teeth around the edge.

HABITAT

It is a subtropical plant. It grows in open or slightly shady places in forests. In south China it grows near streams between 2,400-2,700 m above sea level. In Yunnan. In India it is recorded up to 5,940 m above sea level.

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