PLANT FACT SHEET

Laportea bulbifera (Siebold & Zucc.) Weddell

GENUS *Laportea* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flower twigs

The shoots are eaten after boiling.

DESCRIPTION

A herb. It grows 50-150 cm tall. The base is slightly woody. The leaves vary in shape from sword shaped to heart shaped and are 6-16 cm long by 3-8 cm wide.

HABITAT

It is a tropical plant. In China it grows in partly shaded moist places between 700-3,500 m above sea level. In Sichuan and Yunnan.

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