PLANT FACT SHEET

Acalypha ornata Hochst. ex A Rich.

GENUS *Acalypha* **FAMILY** Euphorbiaceae

COMMON NAMES Zambezi false-nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Plant - salt

The young leaves are cooked and eaten as a vegetable. They are chopped and cooked. They are also pounded with other vegetables.
The plant is dried, burned and the ash filtered and evaporated and used for salt.

DESCRIPTION

A woody herb or shrub. It grows up to 3 m high. The leaf blades are 5-16 cm long by 3-10 cm wide. The male and female plants are usually separate. The male flower stalks occur singly and are 12 cm long in the axils of leaves. The female spikes are at the ends of branches. They are 19 cm long. The fruit are 3 mm long by 4 mm wide. The seeds are 1.8 mm long and 1.5 mm wide.

HABITAT

A tropical plant. It is mostly in thickets and along the edges of rivers. It is at low and medium altitudes. It Malawi it can be between 100-1,300 m altitudes. In Ethiopia it grows between 600-700 m above sea level.

PRODUCTION

Cultivation

It can be grown from seeds or by cuttings.

NOTES

There are over 450 Acalypha species. They are tropical. There are 225 in tropical America. It is used in medicine.

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