PLANT FACT SHEET

Pilea pumila (L.) A. Gray

GENUS *Pilea* **FAMILY** Urticaceae

COMMON NAMES Clearweed

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked as a vegetable.

DESCRIPTION

An annual herb. The stems are erect and can be single or branched. They are 5-50 cm tall. The leaves have long stalks. The leaves are spreading and broadly oval. They are 1-9 cm long by 1-5 cm wide.

HABITAT

It is a temperate to subtropical plant.

REFERENCES

Doni, T., & Gajurel P. R., 2020, Diversity of wild edible plants traditionally used by the Galo tribe of Indian Eastern Himalayan state of Arunachal Pradesh. Plant Science Today. 2020;7(4):523–533.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e2321f02-1e3e-4710-9351-69209c2160f7