PLANT FACT SHEET

Pouzolzia bennettiana Wight

GENUS *Pouzolzia* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled as a vegetable.

DESCRIPTION

A herb or small shrub. It grows 2 m tall. The young parts are hairy. The leaves are opposite and narrowly oval. They are 7-15 cm long by 2-4 cm wide. They have a few hairs. The base is rounded and they taper to the tip. The flowers are in short stalks clusters in the axils of leaves. The dry fruit is oval and winged.

HABITAT

It is a tropical plant. It grows in evergreen forests. It grows in marshy places. It grows up to 1,200 m above sea level.

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