PLANT FACT SHEET

Boehmeria japonica var. japonica

GENUS *Boehmeria* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The young stems and leaves are cooked and eaten in stir fry dishes.

DESCRIPTION

A herb. It grows about 1 m tall. It keeps growing from year to year. The upper stems are hairy. The leaves are opposite and unequal. The leaves are oval or 5 angled. They are 8-12 cm long by 7-14 cm wide. They are papery.

HABITAT

It is a tropical and subtropical plant. It grows in Yunnan in China. It grows in hills and mountains. It is often on the edges of forests and along streams. It grows between 500-1,400 m above sea level. It is best in a warm sandy soil that is well-drained. In Sichuan.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings from near the base. New shoots with the underground stem are used.

Harvesting and Seed Production

In Yunnan the leaves are picked in June to July.

NOTES

There are about 100 Boehmeria species. They grow in the tropics and subtropics.

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