PLANT FACT SHEET

Urtica hyperborea Jacq. ex Wedd.

GENUS *Urtica* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked and eaten. They are cooked, squeezed and fried to make vegetables. They are also used in soups. They are also dried and used in local dishes.

DESCRIPTION

A densely tufted herb. It has stout stems and grows 15-35 cm high. It keeps growing from year to year. The leaves are small and crowded and have coarse teeth. The leaves are 3-5 cm long and oval or heart shaped. The leaves have stinging hairs. The flowers are green and in dense clusters in the axils of leaves.

HABITAT

It is a temperate plant. It grows at higher altitudes. In the Himalayas it grows between 4,100-5,100 m altitude.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 664

Angmo, D., et al, 2022, Ethnobotanical Survey of Wild Edible Plants of Leh District, Ladakh. Defence Life Science Journal, Vol. 7, No. 4, October 2022, pp. 257-266

Boesi, A., 2014, Traditional knowledge of wild food plants in a few Tibetan communities. Journal of Ethnobiology and Ethnomedicine 10:75

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 154

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People of the Yadong River Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine p 30

Kaul, M.K. et al, 1985, Ethno-botanic studies in North-West and Trans-Himalaya - contribution to the wild food plants of Ladakh. J.Econo. Tax. Bot. Vol. 6 No. 3 pp 523-527

Misra, S. et al, 2008, Wild leafy vegetables: A study of their subsistence dietetic support to the inhabitants of Nanda Devi Biosphere reserve, India. Journal of Ethnobiology and Ethnomedicine. 4:15

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Polunin, O., & Stainton, A., 2006, Flowers of the Himalaya, Oxford India Paperbacks. p 366

Rawat, G.S., & Pangtey, Y.P.S., 1987, A Contribution to the Ethnobotany of Alpine Regions of Kumaon. J. Econ. Tax. Bot. Vol. 11 No. 1 pp 139-147

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 47

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 38

Singh, J., et al, 2014, Wild Vegetable Plants used by Tribal People of Kinnaur District, Himachal Pradesh, India, Int. J. of Usuf. Mngt. 15 (2): 47-56

Wild edible plants of Himachal Pradesh

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f03fe5b7-d193-48df-a127-0fcd98427f7c