PLANT FACT SHEET

Urera gravenreuthii Engl.

GENUS *Urera* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and used on soups and with other cooked vegetables.

DESCRIPTION

A creeper. It can grow 5-7 m long. The branches are reddish-green. Young parts are hairy. The leaves are narrowly oval and they taper to a blunt tip. They are 8-16 cm long by 6 cm wide. They have stinging hairs.

Possibly now Scepocarpus gravenreuthii.

HABITAT

It is a tropical plant. It grows in forests between 700-1,800 m above sea level.

REFERENCES

Ferns, K., Useful Tropical Plants.

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f37256a5-124b-4117-a00f-b5800df43baf