PLANT FACT SHEET

Elatostema involucratum Franch. & Sav.

GENUS *Elatostema* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Stem, Seeds

The young stem and leaves are used as a potherb.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 20-60 cm tall. The leaves are simple. It does not have stinging hairs. The leaves are obliquely oblong. They are 5-16 cm long by 3-5 cm wide. Male flowers are single and female flowers in groups of 30.

HABITAT

It is a subtropical plant. It grows amongst rocks in valleys between 200-3,200 m above sea level. In Sichuan and Yunnan.

NOTES

It is used in medicine.

REFERENCES

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 23 www.hindawi.com/journals/ijfr/aip/872413.pdf (As Elatostema umbellata var. majus)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f48f40f4-58d1-4ffb-8cc3-1e80af92586f