PLANT FACT SHEET

Laportea aestuans (L.) Chew

GENUS *Laportea* **FAMILY** Urticaceae

COMMON NAMES Stinging nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are cooked as a vegetable.

DESCRIPTION

A herb. It grows 1.5 m high. The stems are woody below and fleshy above. There are leaves in the upper part. The stem is covered with stinging hairs. The leaves are 10-15 cm long by 8-12 cm wide. They are broadly oval. They taper to the tip. The leaves have stinging hairs. The flowering groups have flowers of both sexes.

HABITAT

A tropical plant. It grows in waste places and can grow on walls. In southern Africa is grows between 250-1,000 m altitude.

NOTES

There are 50 Laportea species.

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