PLANT FACT SHEET

Dendrocnide sinuata (Bl.) Chew.

GENUS *Dendrocnide* **FAMILY** Urticaceae

COMMON NAMES Devil nettle, Fever nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds - spice

The flowers are picked carefully (to avoid the stinging hairs) and then cooked as a vegetable with fish.
The flowers are used in curries. They are also fried.
The seeds are used like coriander.
The young shoots are boiled and eaten.

DESCRIPTION

A shrub. It can grow 5 m tall. It has soft stems. The young parts have stinging hairs. The leaves are large and oval. They can have notches near the tip. The flowers are white.

HABITAT

It is a subtropical plant. It grows in wet evergreen forests in Asia. It usually grows between 300-850 m above sea level but can grow to 1,200 m.

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