PLANT FACT SHEET

Elatostema laetevirens Makino

GENUS *Elatostema* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem

The young leaves are cooked as a vegetable.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. It grows along the edges of rivers in the mountains. In Northeastern India it grows between 1,700-2,000 m above sea level.

NOTES

There are about 200 Elatostema species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f9a1d94b-29ea-4357-a13b-028b1b0cced5