



PLANT FACT SHEET

Scepocarpus trinervis (Hochst.) T.Wells & A.K.Monro

GENUS *Scepocarpus* FAMILY Urticaceae

COMMON NAMES Climbing nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem - drink, Vegetable

The young stems contain useful water.

The leaves are occasionally cooked and eaten as a vegetable. It is cooked with Indian spinach (*Basella alba*).

DESCRIPTION

A soft scrambling shrub. It can be 3-10 m tall. It can occur in the canopy in evergreen forest. The bark is brown or greenish. The leaves are oval or heart shaped. They are 12 cm long by 6 cm wide. The surface of the leaf has a textured feel. There are 3 veins from the base. The edge of the leaf is wavy. The flowers are of separate sexes on separate plants. They are small and greenish-white. They occur in small branched sprays in the axils of leaves. The fruit are small nuts.

HABITAT

A tropical plant. It grows in the rainforest. It suits humid locations. It suits the wet tropics. It grows between 300-1,300 m above sea level.

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