

# Plants of South Eastern New South Wales



Male flower heads and leaves. Australian Plant Image Index, photographer Murray Fagg, Australian National Botanic Gardens, Canberra, ACT



Flowering stem with male flower heads. Photographer Don Wood, Budawang National Park



Plant. Australian Plant Image Index, photographer Murray Fagg, Minnamurra National Park near Kiama

## Common name

Rainforest Spinach

## Family

Urticaceae

## Where found

**Rainforest** and wet **forest**, moist rock faces, and along streams. Ranges north from west of Batemans Bay. Coastal north of Nowra.

## Notes

**Perennial** herb to 0.6 m high. Stems fleshy, often rooting at the base, hairy with **appressed** hairs. Leaves **alternating** up the stems, mostly 7–18 cm long, 20–60 mm wide, margins toothed, upper surface more or less hairless, lower surface hairy, base with one side much longer than the other. Leaves edible. Male flowers greenish to transparent, about 5 mm in diameter, with 4 or 5 distinct **segments**. Female flowers minute, usually with 3 '**petals**'. Flowers in dense **heads subtended** by **bracts**. Male flower heads white or yellowish, 12–25 mm in diameter, stalked. Female flower heads about 9 mm in diameter, more or less unstalked.

PlantNET description: <http://plantnet.rbgsyd.nsw.gov.au/cgi-bin/NSWfl.pl?page=nswfl&lvl=sp&name=Elatostema-reticulatum> (accessed 12 January, 2021)

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