PLANT FACT SHEET

Clinopodium nepeta (L.) Kuntze

GENUS *Clinopodium* **FAMILY** Lamiaceae

COMMON NAMES Lesser calamint, Basil thyme, Mountain mint

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Flavouring, Flowers

The leaves are used to add an aroma to mushrooms, artichokes and zucchini. They are used to flavour fish dishes. They are used in soups. They are also cooked.
The leaves are used for a herbal tea.
Caution: It should not be eaten by pregnant women.

DESCRIPTION

A plant which has underground stems or rhizomes. It grows 20-75 cm high. It forms bushes. These can become woody at the base. The stems are downy and grey-green. The leaves are hairy and grey-green. They are less than 2.5 cm long. The flowers are lilac to white. They are 12 mm long and in clusters of 15.

HABITAT

It is a temperate plant. They grow in cool regions and do not suit humid areas. They need well drained soil. It is resistant to drought and frost. It suits plant hardiness zones 6-10.

PRODUCTION

Cultivation

Plants can be grown from seed. They can also be grown from cuttings or division.

NOTES

It is used in medicine. There are 6 or 7 Calamintha species.

PICTURES



Credit: Food Plants International (Bruce French)

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