PLANT FACT SHEET

Ajuga integrifolia Buch.-Ham.

GENUS *Ajuga* **FAMILY** Lamiaceae

COMMON NAMES Bracted bugleweed

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked. They are also used for a drink.

DESCRIPTION

A low herb. It lies on the ground and forms roots at the nodes. It is covered with soft hairs. Stems grow 40 cm tall. The leaves are broadly sword shaped and have coarse teeth along the edge. Flowers are pale blue or white.

HABITAT

It is a subtropical plant. It grows in wetter areas. It grows between 1,500-3,200 m above sea level.

NOTES

Probably edible. It is used as medicine.
Ajuga remota Benth. is a synonym of Ajuga integrifolia Buch.-Ham..

REFERENCES

Amin, M. et al, 2023, Edible wild plant species used by different linguistic groups of Kohistan Upper Khyber Pakhtunkhwa (KP), Pakistan. Journal of Ethnobiology and Ethnomedicine 19:6 p 8

Flora of Pakistan. www.eFloras.org (As Ajuga bracteosa)

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

Haj, F., et al, 2012, Species Diversity and Ethno Botanical Classes of the Flora of Allai Valley District Battagram Pakistan. International Journal of Plant Research 2012, 2(4): 111-123 (As Ajuga bracteosa)

Molla, A., Ethiopian Plant Names. http://www.ethiopic.com/aplants.htm (As Ajuga remota)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/06d5e470-d34a-4e87-81c6-a7c10ccd9820