PLANT FACT SHEET

Stachys byzantina K. Koch

GENUS *Stachys* **FAMILY** Lamiaceae

COMMON NAMES Lamb's ears

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are fried and eaten.
The leaves are dried and used for tea.

DESCRIPTION

A herb. It keeps growing from year to year. The leaves are felt like due to soft white hairs. It has erect flowering stems. These are 40-80 cm tall.

HABITAT

It is a temperate plant.

NOTES

Medicine,

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 212

Wikipedia,

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/094682d7-3567-44fe-a8a7-32581ef57c56