PLANT FACT SHEET

Lycopus virginicus L.

GENUS *Lycopus* **FAMILY** Lamiaceae

COMMON NAMES Virginia bugleweed

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

An erect herb which forms tuber like roots. It grows 20-75 cm tall. It is covered with tiny soft hairs. The leaves are narrowly oval and have coarse teeth along the edge. The leaves can be 3-15 cm long. The flowers are white.

HABITAT

It suits plant hardiness zones 5-9.

NOTES

There are about 10 Lycopus species.

PICTURES



Credit: Food Plants International (Bruce French)



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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0d9f5746-bea1-4286-b158-abf2ff66c5fd