PLANT FACT SHEET

Leonurus japonicus Houtt.

GENUS *Leonurus* **FAMILY** Lamiaceae

COMMON NAMES South China motherwort

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for a herbal tea and also as a potherb. They are used in soups and stews.
The young leaves and shoots are cooked with rice and brown sugar added.

DESCRIPTION

A herb. It can last for one or two years. It grows 30-120 cm tall.

HABITAT

It is a subtropical plant. It is native to southern China. In Sichuan.

NOTES

It has medicinal benefits.

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