PLANT FACT SHEET

Leucas ciliata Benth. ex Wall.

GENUS *Leucas* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a vegetable.

DESCRIPTION

A herb. It grows 30-60 cm tall. The stem is slender. The leaves are sword shaped and 4-13 cm long by 1-4 cm wide. There are shallow teeth along the edge.

HABITAT

It is a subtropical plant. It grows between 500-2,800 m above sea level.

NOTES

Medicine.

REFERENCES

Ferns, Useful Tropical Plants.

Saravanan, R., et al, 2020, Traditionally used wild edible plants of Kuldiha wildlife sanctuary (KWLS), Odisha, India. Journal of Pharmacognosy and Phytochemistry 2020; SP6: 482-488

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1158467d-11ee-4225-bebf-2197c6155ffe