PLANT FACT SHEET

Elsholtzia flava (Benth.) Benth.

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are eaten raw or pickled. They are used as a spice.

DESCRIPTION

An erect shrub. It only has a few branches in the stem. The leaves are stalked. They are opposite. The leaves are 6-20 cm long by 2.8-13 cm wide. They are oval and taper to the tip. They have teeth along the edge. The base is rounded or heart shaped. The flowers are yellow. They occur in dense rings of many flowers. The fruit is a nutlet.

HABITAT

It is a temperate plant. In Nepal it grows between 1600-3000 m altitude. It grows in shady valleys and moist places in oak forests. in China it grows between 1,000-2,900 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 40 Elsholtzia species. It is used in medicine.

REFERENCES

Li Hai-wen, Hedge, I.C., Lamiaceae. Flora of China. p 330

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 217

Radha, B., et al, 2013, Wild Edible Plant Resources of the Lohba Range of Kedarnath Forest Division (KFD), Garhwal Himalaya, India. Int. Res J. Biological Sci. Vol. 2 (11), 65-73

Wild edible plants of Himachal Pradesh

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/16038ff6-93c8-4531-bae2-4ddcd7484c9b