PLANT FACT SHEET

Nepeta longibracteata Benth.

GENUS *Nepeta* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Plant - flavouring

The plant is used for flavouring. The young leaves are crushed and mixed with buttermilk and then eaten with other dishes.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. In the Indian Himalayas it grows between 3,300-5,000 m above sea level.

REFERENCES

Angmo, D., et al, 2022, Ethnobotanical Survey of Wild Edible Plants of Leh District, Ladakh. Defence Life Science Journal, Vol. 7, No. 4, October 2022, pp. 257-266

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/17ca7eda-60eb-43c2-b66b-f80386762d5f