PLANT FACT SHEET

Nepeta laevigata (D. Don) Hand.-Mazz.

GENUS *Nepeta* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten raw.

DESCRIPTION

A herb. It keeps growing from year to year. The stems are 30-80 cm tall. They are 4 sided and usually branched. The leaves are oval or heart shaped and 2-6 cm long by 2-4 cm wide. The nutlets are oval and 1.5 mm long by 1 mm wide they are very shiny.

HABITAT

It is a subtropical plant.

REFERENCES

Bhatia, H., et al, 2018, Traditionally used wild edible plants of district Udhampur, J&K, India. Journal of Ethnobiology and Ethnomedicine (2018) 14:73

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/189b31ed-b8da-4061-bfa5-8b51d4e39bb0