PLANT FACT SHEET

Elsholtzia penduliflora W. W. Smith

GENUS *Elsholtzia* **FAMILY** Lamiaceae

COMMON NAMES Greater yellow herb

EDIBLE PARTS AND USES

Edible parts: Seeds - oil

The seeds are gathered and roasted then oil extracted and used for cooking.

DESCRIPTION

A small shrub. It grows 1-2 m high. The young branches are 4 sided. The leaves are sword shaped. They are 6-15 cm long and 3-4 cm wide. They taper to the tip and are almost heart shaped at the base. There are teeth along the edge. The flowers are small and white. They are in groups 5-15 cm long at the ends of branches. The flowers are in rings of 6-12. The fruit are oblong nutlets. They are yellowish-brown.

HABITAT

It is a temperate plant. It grows in valleys, waste area and dense forests between 1,100-2,400 m above sea level. It is native to western Yunnan in China.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 646

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/18b9e242-a6da-47d2-af92-441a301ab817