PLANT FACT SHEET

Salvia lanata Roxburgh

GENUS *Salvia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots and leaves are boiled and then fried.

DESCRIPTION

A herb. It keeps growing from year to year. It has a thick woody rootstock. There are several stems. It grows 20-30 cm tall. The leaves are usually clustered near the base of the stems. They are simple and oblong and 5-10 cm long by 1-2.5 cm wide. The flowers are large and violet.

HABITAT

It is a temperate plant.

REFERENCES

Ali Shay, S. H., et al., 2025, Ethnobotanical study of wild edible plants traditionally used by the inhabitants of Lalku Valley, District Swat, Pakistan. Ethnobotany Research and Applications 30:1 p 13

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1a0d4eb0-26dc-42f3-9745-b960a58349b1