PLANT FACT SHEET

Clinopodium alpinum (L.) Kuntze

GENUS *Clinopodium* **FAMILY** Lamiaceae

COMMON NAMES Alpine calamint, Alpine basil thyme

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Leaves - tea, Flowers - tea

The leaves are used for flavouring. The leaves are used to preserve and flavour melted butter.
The leaves and flowers are also brewed into a pleasant cordial tea.

DESCRIPTION

A herb which keeps growing from year to year. It is hairy and lies along the ground. It grows 10-20 cm high and spreads 20-30 cm wide. The leaves are downy. They are 12 mm long and have teeth around the edge. The flowers are small and violet with white markings. They occur in heads 12 mm long.

HABITAT

It is a temperate plant. It grows in the mountains of central and southern Europe. It grows in rocky, arid pastures. Hobart Botanical Gardens. It suits plant hardiness zones 5-9.

NOTES

There are 10 Acinos species.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 19 (As Acinos alpinus)

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 92 (As Acinos alpinus)

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396 (As Satureja alpina)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 124 (As Acinos alpinus)

Lawton, B.P., 2002, Mints. A Family of Herbs and Ornamentals. Timber Press, Portland, Oregon. p 116 (As Acinos alpinus)

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272 (As Acinos alpinus)

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54 (As Satureja alpina subsp. granatensis)

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 4 (As Acinos alpinus)

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152, 27-71 (As Acinos alpinus)

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/1bfba1a1-c433-4ed6-93e2-15bc84307fd5