PLANT FACT SHEET

**Use with caution**

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

# *Marrubium vulgare* L.

**GENUS** *Marrubium* **FAMILY** Lamiaceae

**COMMON NAMES** Horehound, White horehound

## EDIBLE PARTS AND USES

**Edible parts:** Leaves - flavouring, Herb, Spice, Leaves - tea, Flowers

The fresh and dried leaves are added to hot water to make a tea.
The bitter extract is used in candies and cordials.
They are also used as a flavouring for liqueurs.
The crushed leaves can be added to honey and eaten.
Caution. It should not be eaten in large amounts.

## DESCRIPTION

A herb. The plant which keeps growing from year to year. The taproot is stout and branched. The stems are erect and white and woolly. They are square. It grows 80 cm high. The leaves are soft and wrinkled. They are oval to round and 1.5-3.5 cm across. They are pale grey-green. They have distinct net veins underneath. The leaves have blunt teeth around the edge. The flowers are white. They have lips and are tubular. They occur in round clusters up the stem. The nutlets are oblong and have 3 angles. They are 2 mm long.

## HABITAT

It is a temperate plant. It grows in dry areas in degraded pasture. It will grow in most soils and in most positions. It can grow on chalk or limestone and on sand. It is resistant to frost and drought. In Argentina it grows from sea level to 4,000 m above sea level. It suits plant hardiness zones 3-8. Tasmania Herbarium. In Hobart Botanical gardens.

## PRODUCTION

### Cultivation

It can be grown by seed or by division of the plant.

## NOTES

It was used for coughs. It is a bitter herb and has been used for the Jewish Passover Feast. There are about 30-40 Marrubium species.

## PICTURES




Credit: Food Plants International (Bruce French)



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