PLANT FACT SHEET

Elsholtzia feddei Pa-pi,

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - spice

The leaves are used as a spice in sausages.

DESCRIPTION

A herb. It grows 3-20 cm tall. The stems are branched from the base. They are hairy and can lie along the ground. The leaves are 0.4-2.4 cm long by 3-14 mm wide. The flowers are in spikes 1-1.5 cm long.

HABITAT

It is a subtropical plant.

REFERENCES

Li, S., et al, 2020, Monpa, memory, and change: an ethnobotanical study of plant use in Mêdog County, South-east Tibet, China. Journal of Ethnobiology and Ethnomedicine. (2020) 16:5 p 19

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/248dab17-71b0-4766-a562-e5bb7b845bc4