PLANT FACT SHEET

Cunila origanoides (L.) Britton

GENUS *Cunila* **FAMILY** Lamiaceae

COMMON NAMES Stone mint, Maryland dittany, Sweet horsemint

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves can be used for flavouring. They are a substitute for oregano. They are added to pizzas. They can also be used for tea. They can be used fresh or dried.

DESCRIPTION

A small herb. It grows 20-40 cm tall. The leaves are smooth and have gland dots. They are oval and pointed. The flowers are pink, purple or white. They are tube shaped and have 2 lips. The lower lip has 3 lobes.

HABITAT

It is a temperate plant. It grows in rocky places. It needs a well-drained soil and full sun. It suits plant hardiness zones 6-10.

PRODUCTION

Cultivation

Plants can be grown by division, cuttings or seeds.

NOTES

There are about 15 Cunila species. Oil of dittany in used in medicine.

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