PLANT FACT SHEET

Nepeta connata Royle ex Benth.

GENUS *Nepeta* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Seeds

The flowers are seeds are eaten raw.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Tsering, J., et al, 2017, Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunchal Pradesh. Indian Journal of Traditional Knowledge. Vol 16(4), October 2017, pp 626-637

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/27a7064f-9404-41f9-afd3-ce28dc6b62b2