PLANT FACT SHEET

Elsholtzia stauntonii Benth.

GENUS *Elsholtzia* **FAMILY** Lamiaceae

COMMON NAMES Mint bush

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Spice

The leaves are used as a spice or flavouring.

DESCRIPTION

A small shrub. It can grow to 1.7 m tall. The stems branch at the top. They are purple red with grey hairs. The leaves are narrowly oval and 8-12 cm long by 3-4 cm wide. They are whitish underneath. The flowers are arranged on one side of the spike.

HABITAT

It is a temperate plant. It grows in valleys near streams and on grassy hills and rocky mountains between 700-1,600 m above sea level in central China.

REFERENCES

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 145

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/27ba7634-6830-4057-847c-a9953760d319