PLANT FACT SHEET

Leucas martinicensis (Jacquin) R. Br.

GENUS *Leucas* **FAMILY** Lamiaceae

COMMON NAMES Tumble weed, Wild tea bush

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten. They have a mint like flavour. They are used in sauces and as a flavouring.

DESCRIPTION

An annual herb. It grows to 60 cm high. The stem is square. The leaf stalk is 0.7-1.5 cm long. The leaf blade is oval to sword shaped and 4-6 cm long by 1.5-3 cm wide. The leaves are densely hairy. They have teeth along the edge. The flowers are green and occur in clusters in the axil of each pair of leaves. The small white flowers emerge a few at a time. The fruit are four dark brown, oblong nutlets.

HABITAT

A tropical plant. In China it grows in grassy waste places between 1100-1500 m altitude. It can grow in hot arid places with a marked dry season. It is often in stony soil. It can tolerate shade. It can grow in arid places. In Yunnan.

NOTES

There are about 100 Leucas species. The leaves have a strongly minty smell and are burned to repel mosquitoes.

PICTURES



Credit: Food Plants International (Bruce French)

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