PLANT FACT SHEET

Agastache rugosa (Fisch. & C. A. Mey.) Kuntze.

GENUS *Agastache* **FAMILY** Lamiaceae

COMMON NAMES Korean mint, Wrinkled great hyssop

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers, Leaves - tea, Spice

The young leaves and flowers are eaten raw or cooked as a flavouring. They are used with meat.
The leaves can be used for a herbal tea.
The seeds are possibly edible.

DESCRIPTION

A perennial plant which grows to 1 m tall and spreads to 60 cm wide. The stems are erect. They are finely hairy. The leaves are gradually reduced upward. The leaf stalk is 1.5-3.5 cm long The leaf blade is heart shaped to oblong. It is 4.5-11 cm long by 3-6.5 cm wide. The spikes are compact. They are 2.5-12 cm long by 1.8-2.5 cm wide. The leaves near the flower are narrow. The flower is purple-red.

HABITAT

It is a temperate to subtropical plant. It grows naturally in valleys all over Japan. It does best in sunny positions in well drained soil. It is frost hardy. It can tolerate temperatures down to -5°C or -10°C. It suits plant hardiness zones 7-11. In Melbourne Botanical garden. It grows in Sichuan.

PRODUCTION

Cultivation

Plants can be grown from seed. They should just be covered with soil and germinate in 1-3 months at 13°C. They should be grown in the nursery for the first year. Plants can also be grown by dividing clumps and can be grown from basal cuttings. These root in 3 weeks.

NOTES

There are about 20-30 Agastache species. It is cultivated as a medicinal plant in China. It is used for an essential oil.

PICTURES



Credit: Food Plants International (Bruce French)

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