PLANT FACT SHEET

Lamium orvala L.

GENUS *Lamium* **FAMILY** Lamiaceae

COMMON NAMES Balm-leaved red deadnettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Flower - nectar

The flower nectar is eaten.

DESCRIPTION

A herb. It forms clumps. The leaves are heart shaped and have fine teeth around the edge. The leaves are 15 cm long. The flowers are purple to pink.

HABITAT

It is a Mediterranean climate plant.

PRODUCTION

Cultivation

It can be grown by division.

REFERENCES

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Vitasovic-Kosic, I., et al, 2021, Divergence of Ethnobotanical Knowledge of Slovenians on the Edge of the Mediterranean as a Result of Historical, Geographical and Cultural Drivers. Plants 2021, 10, 2087. p 24

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/30234a95-a10b-4c60-875e-0c5984b3e8e8