PLANT FACT SHEET

Elsholtzia eriostachya (Benth.) Benth.

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

Leaves are eaten raw in chutney and salads.
They are dried and used to flavour dishes in winter.

DESCRIPTION

A herb. It grows each year from seed. It grows 15-37 cm tall. The stems are red to purple and hairy. The leaves are oval and 1-4 cm long by 1-2 cm wide. There are rounded teeth along the edge. The flower spike is cylinder shaped.

HABITAT

It is a temperate plant. It grows in cold deserts in north India. In China it grows in hilly grasslands between 3,500-4,100 m above sea level. In Sichuan and Yunnan.

REFERENCES

Ballabh, B., et al, 2007, Raw edible plants of cold desert Ladakh. Indian Journal of Traditional Knowledge. 6(1) pp 182-184

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/30451c59-a4c3-4bd4-a1c7-1a94e0160999