PLANT FACT SHEET

Stachys rugosa Aiton

GENUS *Stachys* **FAMILY** Lamiaceae

COMMON NAMES Karoo tea, Bushman's tea

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used to make tea drinks.

DESCRIPTION

An erect shrub. It grows 1.2 m high. The leaves have a smell.

HABITAT

It is a subtropical plant. It grows in hot dry areas with a marked dry season. The dry season can be 6-11 months. It grows in rocky slopes and deserts. It grows between 180-3,000 m above sea level. It can tolerate shade. It can grow in arid places.

REFERENCES

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 19th April 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 71

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/34c65847-52c1-468c-9398-67c2f4839e49