PLANT FACT SHEET

Hedeoma hispida Pursh

GENUS *Hedeoma* **FAMILY** Lamiaceae

COMMON NAMES Western mock-pennyroyal

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

The leaves can be made into a tea or as a flavouring in foods.
Caution: It should probably not be eaten by pregnant women.

DESCRIPTION

A small herb. It grows 20 cm tall. The stems can be simple or branched. The leaves are 2 cm long.

HABITAT

It is a temperate plant. It grow in dry, open places.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 283
Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 94

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