PLANT FACT SHEET

Teucrium royleanum Wall. ex Benth.

GENUS *Teucrium* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Root - drink

The roots are ground in water and then removed to make a herbal drink.

DESCRIPTION

A shrub. It has a slender creeping rhizome. The stems are 15-50 cm tall. They are 4 sided. There are a few leaves and they are 4-6 cm long by 2-4 cm wide. They have fine teeth along the edge.

HABITAT

It is a temperate plant. It grows in shady places.

REFERENCES

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

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/37412d16-86d4-4f32-85bb-b836dae42199