PLANT FACT SHEET

Clinopodium nepeta subsp. glandulosum (Req.)

Govaerts

GENUS *Clinopodium* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The flowering above ground parts are used as flavouring for meat dishes and stews.

DESCRIPTION

A herb. The stems are stiff and slightly downy. The leaves are 2 cm long and grey-green. The flower stalks branch 2 or 3 times and have 2-3 flowers. The flowers are lilac coloured.

HABITAT

It is a temperate plant. It grows in dry ground.

REFERENCES

Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248 (As Clinopodium calamintha)

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 210 (As Clinopodium calamintha)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3cebe803-c93b-40bd-bb11-08c12899347c