PLANT FACT SHEET

Meriandra strobilifera Benth.

GENUS *Meriandra* **FAMILY** Lamiaceae

COMMON NAMES Cone bearing sage

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Flowers

The leaves are used for flavouring. They can be dried and stored.
The flowers are also eaten raw or cooked.

DESCRIPTION

A shrub. It has a camphor like scent. The stems are woody and 1 m tall. The leaves are on the higher section. The leaves are oblong to narrowly oval and 5-11 cm long by 1-3 cm wide. They have a thick texture. There are fine teeth along the edge.

HABITAT

It is a temperate plant. It grows in dry rocky places in the Western Himalayas between 1,500-1,800 m above sea level.

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