PLANT FACT SHEET

Nepeta annua Pall.

GENUS *Nepeta* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds - flavouring, Spice

The seeds are used to flavour meat.

DESCRIPTION

A herb. It grows each year from seed. It grows 13-26 cm tall. It forms branches from the base. The seeds are brown and 1.8 mm long by 0.8 mm wide.

HABITAT

It is a temperate plant.

REFERENCES

https://en.wikipedia.org/wiki/List of wild edible plants in Mongolian cuisine (As Schizonepeta annua)

Zhang, Y., et al, Yunatov's Records of Wild Edible Plant Used by the Mongols in Mongolia During 1940-1951: Ethnobotanical Arrangements and Discussions. Inner Mongolia Normal University. p 14

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/42d5fb20-6133-45ce-9ccb-8aaf77b6bf65