PLANT FACT SHEET

Isodon longitubus (Miq.) Kudo

GENUS *Isodon* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten with oil and salt.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 1 m tall. The stems are purplish and hairy. The leaves are narrowly oval and 4-12 cm long by 2-4 cm wide. The flowers are purple to blue.

HABITAT

It is a temperate plant. It grows near streams in forests between 500-1,100 m above sea level.

NOTES

There are about 250 Plectranthus species. They are mainly in the tropics.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/ (As Plectranthus longitubus)

READ, (As Plectranthus longitubus)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/432360e5-1c77-4af9-8f60-58bbd3b5de34