PLANT FACT SHEET

Dracocephalum tanguticum Maxim.

GENUS *Dracocephalum* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Stems, Plant - flavouring

The stems are cooked and a vegetable and used to make soup.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 55 cm tall. The stems are 4 angled. It has a bad smell. There are hairs towards the tip. The leaves are 2.6-4 cm long by 1.4-2.5 cm wide and divided.

HABITAT

It is a temperate plant.

REFERENCES

Chen, W., et al, 2021, Wild plants used by the Lhoba people in Douyu Village, characterized by high mountains and valleys, in southeastern Tibet, China. Journal of Ethnobiology and Ethnomedicine (2021) 17:46

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People of the Yadong River Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine p 24

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/45adebfb-81ce-42bb-a52e-51ab7e0fc6f2