PLANT FACT SHEET

Blephilia ciliata (L.) Benth.

GENUS *Blephilia* **FAMILY** Lamiaceae

COMMON NAMES Downy Wood Mint

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Leaves - flavour

The leaves can be used to prepare sauces and drinks. They are used for tea.

DESCRIPTION

A herb.

HABITAT

It is a cool temperate plant. It grows in dry woods and thickets. It suits hardiness zones 4-7.

NOTES

The Blephilia genus grow in North America.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 125

Jackes, D. A., Edible Forest Gardens

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 134

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4722bf07-7ab9-495f-8acb-c0cf7aefebca