PLANT FACT SHEET

Lippia origanoides H. B. Kunth

GENUS *Lippia* **FAMILY** Verbenaceae

COMMON NAMES Mexican “oregano”, Mexican sage

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The leaves are added to dishes as flavouring. They have the flavour of oregano. They are used to flavour fish, sausages, tomato sauce, and other dishes.
They can be dried and stored. The dried leaves can be used as tea.

DESCRIPTION

An upright shrub. It grows 2 m high and spreads 30-150 cm wide. It has an aroma. The leaves are crinkled and downy. They are oblong and 6 cm long. The flowers are small and yellow-white. They are in clusters in the axils of leaves. They have a scent.

HABITAT

It is a tropical plant. They need frost free zones. They grow in full sunlight. They need well-drained soil. It needs a temperature above 5-10°C. It suits the seasonally dry tropics. It grows in dry rocky places. In Argentina it grows between 100-1,800 m above sea level. It grows in the Sonoran desert.

PRODUCTION

Cultivation

Plants can be cut back and regrow. They can be grown from cuttings.

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