PLANT FACT SHEET

Pogostemon elsholtzioides Benth.

GENUS *Pogostemon* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are boiled with rice and eaten as a vegetable.

DESCRIPTION

A shrub. It grows 1-3 m tall. The plant has an aroma. The stems are branched. Young stems are hairy and old stems are purple-brown. The leaves are sword shaped and 5-12 cm long by 1-4 cm wide. There is a tip at the end and they taper to the base. There are teeth along the edge. The leaves are dark green above and more pale underneath. The spikes are 3-9 cm long by 1.5 cm wide. They are in rings. The flowers are mauve to purple.

HABITAT

It is a subtropical plant. It grows in cleared wet broad-leaved forest.

REFERENCES

Pfoze, N. L., et al, 2012, Survey and assessment of floral diversity on wild edible plants from Senapati district of Manipur, Northeast India. Journal or Biodiversity and Environmental Sciences. 1(6):50-52

PROVIDED BY **Food Plants International**

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/4cd50a89-dc22-4a75-98bf-966bceeee833