PLANT FACT SHEET

Elsholtzia communis (Collett & Hemsl.) Diels

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

The leaves are cooked with meat and fish for flavouring curry.

DESCRIPTION

A herb. It grows to 60 cm tall. The stems are erect and purple red. There are many branches at the base. The leaf stalk is 2-5 mm long. The leaf blade is oval to oblong and hairy. There are teeth around the edge. The flower spikes are at the top of the plant. They are 1-4.5 cm long.

HABITAT

A tropical plant. It is cultivated in China.

NOTES

There are about 40 Elsholtzia species. It is used in medicine.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5105e512-9c23-4a96-9364-ddefd04f4a79