PLANT FACT SHEET

Stachys inflata Benth.

GENUS *Stachys* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flower tips

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Ebrahimabadi, A. H., et al, 2010, Composition and antioxidant and antimicrobial activity of the essential oil and extracts of Stachys inflata Benth from Iran. Food Chemistry 119: 452-458

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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/52caf619-74e2-473b-90ba-005222d42260