PLANT FACT SHEET

Elsholtzia bodinieri Vaniot

GENUS *Elsholtzia* **FAMILY** Lamiaceae

COMMON NAMES Dong zi su

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers

DESCRIPTION

A herb which keeps growing from year to year. The stems are 25-30 cm long. The base can have short scaly stolons or runners. The leaves on the stolons or runners are oblong and 3.5-5 mm long by 2-3 mm wide. The leaves on the stem are 0.8-2.5 cm long by 2-3 mm wide. They are leathery. The flower spike is at the tip and is 2-3.5 cm long.

HABITAT

It is a tropical plant. It grows in pine forests and hilly grasslands between 1,200-3,000 m above sea level. In Yunnan.

NOTES

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

REFERENCES

Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/55ab974b-8b0a-43d0-919c-efbc210317a4