PLANT FACT SHEET

Leucas aspera (Willd.) Link

GENUS *Leucas* **FAMILY** Lamiaceae

COMMON NAMES Rough leucas

EDIBLE PARTS AND USES

Edible parts: Leaves, Twigs, Flower

The leaves and tender shoots are eaten as greens. They are boiled or fried. They are used in curries.
The flower buds are cooked and eaten as a vegetable. The flowers are eaten raw.
The harvested leaves can be stored for 3-4 days.

DESCRIPTION

An erect herb. It grows 20-50 cm high. It re-grows each year from seed. The upper stems are 4-angled. The leaves are produced opposite each other. They have shallow wide teeth around the edge. The leaves are up to 7 cm long. They have short leaf stalks. The lower leaves are lobed and larger than higher leaves. The flowers occur in dense clusters at the tips of the plant. The flower heads are white. The fruit is 4 nutlets which are brown, smooth and about 2 mm long.

HABITAT

It is a tropical plant. In southern China it grows in open wet places up to 100 m altitude above sea level. It grows amongst wheat and maize crops. It grows in wetlands.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 100-150 Leucas species.

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