PLANT FACT SHEET

Perilla frutescens var. crispa (Thunberg) H. Deane

GENUS *Perilla* **FAMILY** Lamiaceae

COMMON NAMES Cock's comb perilla

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Leaves - tea, Seeds - oil

The plant is used as a spice.

DESCRIPTION

An annual herb. It has an aroma. It grows 30-100 cm high. The young growth is softly hairy. The leaves are crinkled and purple-green. The stems are 3-4 sided. The leaves are broadly oval and 4-12 cm long by 3-10 cm wide. There are teeth on the lower half of the leaf. The flowers are pink or white. They are in loose groups in the axils of leaves or at the ends of branches.

HABITAT

It is a tropical plant. It is native to central and southern China.

NOTES

The oil from the seeds has anticancer properties.

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