PLANT FACT SHEET

**Use with caution**

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

# *Cunila spicata* Benth.

**GENUS** *Cunila* **FAMILY** Lamiaceae

**COMMON NAMES** American stone mint

## EDIBLE PARTS AND USES

**Edible parts:** Leaves - oil

The leaves are used as flavouring. They are used similar to oregano.

## DESCRIPTION

A herb. It keeps growing from year to year.

## HABITAT

It is a subtropical plant. In Argentina it grows from sea level to 1,200 m above sea level.

## REFERENCES


Sandri, I. G. et al, 2007, Antimicrobial activity of the essential oils of Brazilian species of the genus Cunila against foodborne pathogens and spoiling bacteria. Food Chemistry 103: 823-828

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 126



**PROVIDED BY** **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International



**LICENCE** CC BY-NC-SA 3.0


**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/56ec7e5f-4d49-4dee-8632-e73d24940291