PLANT FACT SHEET

# *Glechoma hederacea* L.

**GENUS** *Glechoma* **FAMILY** Lamiaceae

**COMMON NAMES** Ground Ivy, Cat's foot, Creeping Charlie

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Leaves - tea, Spice, Flowers

It is used to flavour and clarify beer.
The fresh and dried leaves are used to make a tea which is sweetened with honey.
The leaves are bitter so are only used in small amounts to spice up a salad or soup. They are cooked.

## DESCRIPTION

A herb. It has a creeping ivy-like growth habit. It creeps along the ground. It grows 15 cm high and spreads 2 m wide. The stems are square. They root at the nodes. The leaves are greyish-green. They have a crinkly edge and are hairy. They are heart shaped. The leaves occur in pairs. The flowers are purple blue. There are 5 petals which are fused together. The 2 lower lips are covered with white dots. It has a mint like smell when the leaves are crushed.

## HABITAT

It is a temperate plant. It grows on heavy, damp soils. It grows in warmer temperate areas. It suits plant hardiness zones 4-9.

## PRODUCTION

### Cultivation

Plants are grown from seed. They can also be grown by division or from rooted runners.

## NOTES

There are 10-12 Glechoma species. It is used in medicine. It has become a weed in the USA and Canada.
Chemical composition: volatile oil = 1.8%. Rich in menthone and limonene.

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