PLANT FACT SHEET

Leucas cephalotes (Roth) Spreng.

GENUS *Leucas* **FAMILY** Lamiaceae

COMMON NAMES Spiderwort

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender shoots and leaves are cooked as a vegetable.

DESCRIPTION

An erect herb. It grows to about 50 cm high. The leaves have short stalks. They are 2.5-10 cm long by 0.8-3.5 cm wide. They are oval or sword shaped with teeth along the edge. They are hairy on both surfaces. The flowers are white. They occur in round heads.

HABITAT

A subtropical plant. In Nepal they grow up to 2400 m altitude. They grow in open places.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 100 Leucas species.

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