PLANT FACT SHEET

Hyptis capitata Jacq.

GENUS *Hyptis* **FAMILY** Lamiaceae

COMMON NAMES Knobweed

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

The leaves are boiled and mixed with sugar as a drink.

DESCRIPTION

A herb or shrub. It grows 1-2 m tall. The leaf bearing twigs are 4 angled. The leaves and twigs have a strong odour when crushed. The leaves are 6-14 cm long by 2-6 cm wide. The leaves are hairy and these are more obvious on the upper surface. The flowers are in dense round heads.

HABITAT

It is a tropical plant. It grows from sea level to 750 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5e403b3c-ccca-4c90-a17f-ad940b11fc5a