PLANT FACT SHEET

Leonotis ocymifolia (Burm. f.) Iwarsson

GENUS *Leonotis* **FAMILY** Lamiaceae

COMMON NAMES Minaret flower

EDIBLE PARTS AND USES

Edible parts: Flowers, Flower - nectar, Spice

The flowers are cooked as a vegetable.
The nectar is sucked from the flowers.

DESCRIPTION

An erect shrub. It grows 5 m high. It has a thick woody base. The leaf blade is 1-17 cm long by 1-9 cm wide. It is broadly oval. The leaves are green on the upper surface and silvery underneath. The flowers are usually orange. The upper lobe is 12-30 mm long. The seeds are 2-4 mm long by 1-2 mm wide. They are dark brown and glossy. There are at least 2 varieties.

HABITAT

It is a tropical plant. It can grow in hot arid places with a dry season of 6-11 months. It grows between 50-3,700 m above sea level in warmer places and lower in cooled places. It grows in areas with a rainfall between 500-2,000 mm per year. It can grow in arid places.

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