PLANT FACT SHEET

Nepeta floccosa Benth.

GENUS *Nepeta* **FAMILY** Lamiaceae

COMMON NAMES Woolly catmint

EDIBLE PARTS AND USES

Edible parts: Flowers - spice, Leaves

The leaves are powdered and used with curd. They taste like chilli.

DESCRIPTION

A herb. It forms clumps. It keeps growing from year to year. It grows 50 cm tall. The leaves are greyish and have a lemon scent. They are densely covered with white woolly hairs. The leaves are 1-5 cm long. They are rounded to heart shaped and have obscure teeth. The flowers are pink to blue. They are in dense rings. These are woolly and 2 cm across. The flowers are 8 mm long with a slender flower tube.

HABITAT

It is a subtropical plant. It grows on stony slopes. It grows between 2,700-4,400 m above sea level.

PRODUCTION

Harvesting and Seed Production

In north India it flowers June to September.

REFERENCES

Angmo, D., et al, 2022, Ethnobotanical Survey of Wild Edible Plants of Leh District, Ladakh. Defence Life Science Journal, Vol. 7, No. 4, October 2022, pp. 257-266

Battacharyya, A., 1991, Ethnobotanical Observations in the Ladakh Region of Northern Jammu and Kashmir State, India. Economic Botany, Vol. 45, No. 3, pp. 305-308 (As Nepeta vakhanica)

Shah, A. A., et al, 2024, The importance of sharing: wild plant knowledge in three valleys of Northern Pakistan. Plant Biosystems - an international Journal Dealing with all aspects of Plant Biology 2024, Vol. 158, no. 6, 1390–1405

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/6187a7ab-e601-4998-a1cc-fbc5c146454a