PLANT FACT SHEET

Elsholtzia fruticosa (D. Don) Rehder

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil

The powdered seeds are used for flavouring foods.
The seed oil is edible.

DESCRIPTION

A shrub. It grows about 2 m high. It has many branches. The stems and branches are yellow or purple brown. The bark peels off. The leaves are almost without stalks. The leaf blades are 5-15 cm long by 1.5-5.5 cm wide. They have teeth along the edge. They are densely yellow and with glands. The flowers are white. They are in long cylindrical spikes. These can be 6-20 cm long. The nutlets are brown and oblong. They are about 1.5 mm long.

HABITAT

It is a subtropical plant. In Nepal the plants grow between 1800-4200 m altitude. They grow in moist areas near streams. In China it grows in grasslands and hills between 1200-3800 m altitude. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

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