PLANT FACT SHEET

Clinopodium mexicanum (Benth.) Govaerts

GENUS *Clinopodium* **FAMILY** Lamiaceae

COMMON NAMES Orange-flowered Mexican Savory

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A small shrub. It keeps growing from year to year. It grows 50 cm tall by 75 cm wide. The stems are thin and strong. The leaves are small and dark green and oval. The flowers are orange and tube shaped. They are 2-3 cm long.

HABITAT

It is a temperate plant. It can tolerate some frost. It grows up to 2,500 m above sea level in Mexico.

PRODUCTION

Harvesting and Seed Production

It is fast growing.

NOTES

The leaves are used to promote sleep.

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