PLANT FACT SHEET

Phlomoides vicaryi (Benth. ex Hook.f.) Kamelin & Makhm.

GENUS *Phlomoides* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

Caution:

DESCRIPTION

A herb. It has a thick root. The stems are 40-90 cm tall. The leaves are mostly in a ring at the base. They are mostly oblong and with irregular teeth along the edge. The leaves are 10-18 cm long by 4-7 cm wide. The flowers are white. The seeds or nutlets are 5 mm long. They are 3 sided and brown to black.

HABITAT

It is a temperate plant.

REFERENCES

Tareen, N. M., et al, 2016, Ethnomedicinal Utilization of Wild Edible Vegetables in District Harnai of Balochistan Province - Pakistan. Pakistan Journal of Botany 48(3): 1159-1171 (As Eremostachys vicaryi Benth. ex Hook.f.)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/65a56d3d-ca79-40db-a830-7b21c171f1f1