PLANT FACT SHEET

Pelargonium graveolens L'Her. ex Aiton

GENUS *Pelargonium* **FAMILY** Geraniaceae

COMMON NAMES Rose geranium, Peppermint-scented geranium

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Leaves - tea

The leaves and flowers are used to give flavour and fragrance to juice, wine, desserts, soups, jellies, sauces, custards and fruit.
The flowers are also eaten in salads.
Leaves are brewed into a tea.

DESCRIPTION

A shrubby bush. It grows 1 m high. The leaves have a scent. The leaves are broadly oval with lobes spread out like fingers on a hand. The lower lobes are often lobed again. The flowers are small and pink with dark purple veins. They are opposite the leaves and in groups of 2-7.

HABITAT

It is a subtropical plant. It grows on mountains and in light shade. It can grow in moist locations. It grows among rocks. In Zimbabwe it grows between 1,500-2,300 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by cuttings.

Harvesting and Seed Production

Plants are fast growing.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

W. Aiton, Hort. kew. 2:423. 1789 - [plants cultivated under this name differ from wild plants & may be of hybrid origin]\; for authorship see comments in J. S. African Bot. 45:377-380. 1979

Alrhmoun, M., et al, 2026, Ecological fingerprints of mountain migration in wild food plants of North Macedonian and other Balkan Gorani. Discover Food (2026) 6:189

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 118

Joffe, P., 2007, Creative Gardening with Indigenous Plants. A South African Guide. Briza. p 169

Kapelle, M., et al, 2000, Useful plants within a Campesino Community in a Costa Rican Montane Cloud Forest. Mountain Research and Development, 20(2): 162-171

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 625

Kew Plants of the World Online

Pieroni, A., et al, 2012, "We are Italians!": The Hybrid Ethnobotany of a Venetian Diaspora in Eastern Romania. Human Ecology 40:435-451

Pieroni, A., et al, 2024, Isolated Mediterranean foraging: wild greens in the matrifocal community of Olympos, Karpathos Island, Greece. Journal of Ethnobiology and Ethnomedicine (2024) 20:98

Plants of Haiti Smithsonian Institute http://botany.si.edu/antilles/West Indies

Redzic, S., 2010, Use of Wild and Semi-Wild Edible Plants in Nutrition and Survival of People in 1430 Days of Siege of Sarajevo during the War in Bosnia and Herzegovina (1992–1995). Coll. Antropol 34 (2010) 2:551-570

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 64

Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 340

van Wyk, B-E., 2011, The potential of South African plants in the development of new food and beverage products. South African Journal of Botany 77 (2011) 857–868

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 503

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/65cefd52-223a-4b5f-ae7c-20ab23c0cc07