PLANT FACT SHEET

Leucas decemdentata (Willd.) Sm.

GENUS *Leucas* **FAMILY** Lamiaceae

COMMON NAMES White flet leucas

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a pot-herb.

DESCRIPTION

A herb. It grows 0.5-1.5 m tall. The stems are slender and twisted. The leaf stalks are 1 cm long and densely hairy. The leaf blade is 1.5-4 cm long by 1-2.3 cm wide. The leaf is corrugated on the surface and greenish white underneath. There are 2-8 flowers. The nutlets are dark brown and oval. They are 3 sided.

HABITAT

A tropical plant. It grows on roadsides and grasslands between sea level and 2700 m altitude in China.

NOTES

There are about 100 Leucas species.

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 326 (As Leucas mollissima)

Dey, A. & Mukhererjee, A., 2015, Living and Survival Amidst Hunger: Wild Edible Botanicals as a Prime Forest Productivity in the Rural Purulia District, West Bengal, India from Colonial to Present. Research Journal of Forestry 9(3): 71-86 (As Leucas mollissima)

Li Hai-wen, Hedge, I.C., Lamiaceae. Flora of China. (As Leucas mollissima)

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 196 (As Leucas mollissima)

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 205 (As Leucas mollissima)

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 27 (As Leucas mollissima)

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/6696c730-5def-4be7-8149-a3bd90dc4c4c