PLANT FACT SHEET

Prunella vulgaris subsp. asiatica (Nakai) H. Hara

GENUS *Prunella* **FAMILY** Lamiaceae

COMMON NAMES Carpenter Weed

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten with oil and salt.

DESCRIPTION

A herb. It grows 20-30 cm tall. The leaves are 2-5 cm long and oval. The flowers spikes are 3-8 cm long and tube shape with many flowers. The flowers are 1.5-2 cm long

HABITAT

It is a subtropical plant.

NOTES

The dried flowers are used in medicine as an anti-inflammatory.

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 89 (As Prunella vulgaris var. lilacina)

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 24 www.hindawi.com/journals/ijfr/aip/872413.pdf

Pemberton, R. W. & Lee, N. S., 1996, Wild Food Plants in South Korea: Market Presence, New Crops, and Exports to the United States. Economic Botany, Vol. 50, No. 1, pp. 57-70 (As Prunella vulgaris var. lilacina)

READ (As Prunella vulgaris var. lilacina)

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/6c0bc473-1ede-451f-bb8b-900bd5e02a7f