PLANT FACT SHEET

Dracocephalum heterophyllum Benth.

GENUS *Dracocephalum* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Root, Flowers

The roots are used as a vegetable.
The flowers are chewed for their sweet flavour.

DESCRIPTION

A herb. It keeps growing from year to year and has an aroma. It has slender woody rhizomes or underground stems. The stems can lie along the ground or be erect. The leaves are oblong and 25 mm long by 15 mm wide. The flowers are in a dense group 4-6 cm long. The fruit are narrow nutlets 3.5 mm long by 1.5 mm wide.

HABITAT

It is a temperate plant. In Pakistan it grows in the high mountains to the limit of vegetation. In north China it grows in dry rocky places between 1,100-5,000 m above sea level. In Sichuan.

NOTES

There are about 45 Dracocephalum species.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 182

Angmo, D., et al, 2022, Ethnobotanical Survey of Wild Edible Plants of Leh District, Ladakh. Defence Life Science Journal, Vol. 7, No. 4, October 2022, pp. 257-266

Ding, X., et al, 2022, Wild Plants Used by Tibetans in Burang Town, Characterized by Alpine Desert Meadow, in Southwestern Tibet, China. Agronomy 2022, 12, 704.

Flora of Pakistan. www.eFloras.org

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p13

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/6cf802f4-99e7-4e18-b49e-c3f74c4c43d1