PLANT FACT SHEET

Calamintha nepeta (L.) Savi

GENUS *Calamintha* **FAMILY** Lamiaceae

COMMON NAMES Lesser calamint

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The flowering parts are used for seasoning.
The leaves are used for flavouring and as a herbal tea.

DESCRIPTION

A herb. It is compact and bushy. It grows 60 cm tall and 80 cm wide.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 20

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/741ffcbe-2e29-4474-8187-8b9a585ebb77