PLANT FACT SHEET

Nepeta glutinosa Benth.

GENUS *Nepeta* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are mixed in curd to make a local recipe.

DESCRIPTION

A herb. It develops tufts. It grows 40-70 cm tall. The leaves do not have stalks and are heart shaped or oval and 1.3-3 cm long by 0.8-2.2 cm wide.

HABITAT

It is a temperate plant.

REFERENCES

Dorjey, K., et al, 2012, Ethnobotanical observations in Trans-Himalayan Region of Ladakh. Journal of Plant Development Sciences Vol. 4 (4): 459-464.

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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/760e1804-e725-42de-a761-65d875220ac6