PLANT FACT SHEET

Pogostemon pubescens Benth.

GENUS *Pogostemon* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots are eaten as a vegetable.

DESCRIPTION

A shrub. The leaves are 8 cm long by 4 cm wide. The base is wedge shaped and they taper to the tip. The flower panicles are at the ends of the branches or in the axils of the leaves.

HABITAT

It is a tropical plant. It suits the wet tropics.

REFERENCES

Phangchopi, U., et al, 2015, Diversity of wild edible plants in Marat Longri Wildlife Sanctuary, Assam. Indian Journal of Natural Products and Resources Vol. 6(4), December 2015 pp. 305-313

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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/79260746-9b26-4822-b2a2-50e44063aa2c