PLANT FACT SHEET

Tamonea spicata Aubl.

GENUS *Tamonea* **FAMILY** Verbenaceae

COMMON NAMES Wild thyme

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows 50 cm tall. The leaves are opposite and oval. They are 1-3 cm long by 0.6-1.8 cm wide. The flowering shoots are 4-10 cm long.

HABITAT

A tropical plant.

REFERENCES

Coe, F. G., and Anderson, G. J., 1996, Ethnobotany of the Garifuna of Eastern Nicaragua. Economic Botany 50(1) pp 71-107

Coe, F. G. and Anderson, G. J., 1999, Ethnobotany of the Sumu (Ulwa) of Southeastern Nicaragua and Comparisons with Miskitu Plant Lore. Economic Botany Vol. 53. No. 4. pp. 363-386

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7c1e1f53-025d-4da2-9315-194d6e79c3d4