PLANT FACT SHEET

Leonurus quinquelobatus Gilib.

GENUS *Leonurus* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - flavouring, Leaves - tea

The fresh or dried flowers are used to flavour soups.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Shikov, A. N. et al, 2017, Traditional and Current Food Use of Wild Plants Listed in the Russian Pharmacopoeia. Frontiers in Pharmacology. Vol. 8 Article 841

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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/7ca44f40-3cd6-4a01-9cad-d42c2634503c