PLANT FACT SHEET

Anisomeles indica (L.) Kuntze

GENUS *Anisomeles* **FAMILY** Lamiaceae

COMMON NAMES Indian catmint

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Seeds, Leaves - tea

The leaves are used to flavour sago cakes and for a syrup.
The seeds are roasted and made into a paste and used as a side dish.

DESCRIPTION

An erect herb. It has a bad smell. The leaves are broadly oval and 4-9 cm long by 3-7 cm wide. They have a white coating underneath. The leaves have round teeth along the edge. The flowers are in flat topped groups in the axils of leaves. The flowers do not have stalks. The flowers are bell shaped.

HABITAT

It is a subtropical plant. It grows on the edge of forests and in waste areas from sea level to 2,400 m above sea level in southern China. In Sichuan and Yunnan.

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PROVIDED BY **Food Plants International**

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/7ec68f3d-0b9f-4ae6-b57e-11d5047f7da2