PLANT FACT SHEET

Leonotis leonurus (L.) R. Br.

GENUS *Leonotis* **FAMILY** Lamiaceae

COMMON NAMES Lion's ear, Narrow-leaved leonotis

EDIBLE PARTS AND USES

Edible parts: Flower - nectar, Leaves, Stem

The nectar is sucked from the flowers.
The leaves are eaten as a vegetable.

DESCRIPTION

A shrub. It grows 2-5 m tall. It forms branches from a thick woody base. They are densely hairy. The leaves are 5-10 cm long by 1-2 cm wide. They have teeth on the upper half. The leaves are green and rough on the upper surface and hairy underneath. The flowers are in groups or 3-11. The small nuts are 5-6 mm long by 1.6-1.9 mm wide.

HABITAT

It is a subtropical plant.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7f887d4e-938b-4db5-a131-04a120d00103