PLANT FACT SHEET

Stachys chamissonis var. cooleyae (Heller) G.A.Mulligan & D.B.Munro

GENUS *Stachys* **FAMILY** Lamiaceae

COMMON NAMES Purple hedge nettle

EDIBLE PARTS AND USES

Edible parts: Stems

The stems are chewed especially by children. The juice is sucked out.

DESCRIPTION

A tall slender herb. It keeps growing from year to year. The stems are square and the leaves are fuzzy. The leaves are opposite and have coarse teeth. The leaves are narrowly heart shaped. They usually get smaller up the stem. The flowers are small and red to purple. They are in a cluster at the end of the plant.

HABITAT

It forms small patches in shaded swamps. It grows from sea level to moderate altitude.

REFERENCES

Turner, N., 1995, Food Plants of Coastal First Peoples. Royal BC Museum Handbook p 105 (As Stachys cooleyae)

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/8103758e-4d8b-48b7-861c-a02845df839c