PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Collinsonia canadensis L.

GENUS *Collinsonia* **FAMILY** Lamiaceae

COMMON NAMES Horse balm, Richweed, Stoneroot

EDIBLE PARTS AND USES

Edible parts: Leaves

Caution: The leaves can cause vomiting.

DESCRIPTION

A herb. It grows 120 cm high. It spreads 1 m wide. The stem is erect and square shaped. The leaves are smooth and without hairs. The leaves have coarse teeth. The leaves smell of lemon when crushed. The flowers are large and greenish-yellow. They are in loose groups.

HABITAT

It is a temperate plant. It is best in rich, well-drained soils. It needs a protected partly shaded position. It is resistant to frost but damaged by drought. It suits plant hardiness zone 3-9.

PRODUCTION

Cultivation

Plants are grown from seeds.

NOTES

There are about 5 Collinsonia species. It is used in medicine.

REFERENCES

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