PLANT FACT SHEET

Lippia carviodora Meikle

GENUS *Lippia* **FAMILY** Verbenaceae

COMMON NAMES Chemchai

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are dried and crushed and boiled to make tea.

DESCRIPTION

A small shrub. It has many branches. It grows up to 1.3 m high. The stems are dark grey and have ribs along them. The small branches are grey and peeling. The leaves are broadly oval and 4 cm long. They have an aroma. They are rough underneath. There are round teeth along the edges. The flowers are white or cream and in spikes. They have large papery bracts around them.

HABITAT

It is a tropical plant. In Kenya it grows in grassland and rocky ground between 500-1,150 m altitude.

PRODUCTION

Cultivation

Plants can be grown from seeds.

REFERENCES

Maundu, P. et al, 1999, Traditional Food Plants of Kenya. National Museum of Kenya. 288p

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/83d2bf7e-3068-4338-94e6-4091834415e5