PLANT FACT SHEET

Agastache urticifolia (Benth.) Kuntze.

GENUS *Agastache* **FAMILY** Lamiaceae

COMMON NAMES Giant Hyssop, Horsemint, Nettle-leaf Giant-hyssop, Nettleleaf Giant Hyssop, Sawtooth mountain mint

EDIBLE PARTS AND USES

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

The leaves are used most likely as a flavouring.
The seeds are eaten raw or cooked.
The dried flowers and leaves are used for herbal tea.

DESCRIPTION

A perennial plant which grows up to 1.2 m tall. It has nettle like leaves. The sepals are longer than the other Agastache species listed. The flower spikes are 15 cm long. They are pink or blue.

HABITAT

It is a temperate plant. It grows naturally in moist soils from the foothills to about 2,500 metres in Western North America from Montana to British Columbia and south to California and Colorado. It does best in warm sunny positions in well drained soil. When dormant they can stand low temperatures to -40°C.

PRODUCTION

Cultivation

Plants can be grown from seed. They should just be covered with soil and germinate in 1-3 months at 13°C. They should be grown in the nursery for the first year. Plants can also be grown by dividing clumps and can be grown from basal cuttings. These root in 3 weeks.

NOTES

There are about 20-30 Agastache species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/89b49fc6-4ec1-4d92-9e9f-7f44bd39e992