PLANT FACT SHEET

Plectranthus glandulosus Hook. f.

GENUS *Plectranthus* **FAMILY** Lamiaceae

COMMON NAMES Fru-fru

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

DESCRIPTION

A coarse scrambling herb. It grows 3 m high. It has a strong aroma.

HABITAT

It is a tropical plant. It grows in openings in mountain forest. In Nigeria it has been recorded at 1,440 m above sea level.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8ae0150a-62df-4c48-aae7-5facb99555d0