PLANT FACT SHEET

Pogostemon amaranthoides Benth.

GENUS *Pogostemon* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice

The young leaves are used as a vegetable and as a spice.

DESCRIPTION

A herb. It grows 60-150 cm tall. Young stems have a hairy coating. The leaves are narrowly oval and 4-13 cm long by 2-6 cm wide. They have irregular teeth along the edge. The flowers are in irregular spikes 2-11 cm long by 0.5-0.8 cm wide.

HABITAT

It is a subtropical plant. In Bhutan it grows between 900-2,100 m above sea level. In Northeastern India it grows between 2,300-2,400 m above sea level.

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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