PLANT FACT SHEET

Melittis melissophyllum L.

GENUS *Melittis* **FAMILY** Lamiaceae

COMMON NAMES Bastard balm

EDIBLE PARTS AND USES

Edible parts: Leaves - drink, Flowers

The leaves are occasionally use to make a drink.
They have been used as a famine food.

DESCRIPTION

A herb. An upright plant that keeps growing from year to year. It grows 50 cm tall. The stems are hairy. The leaves are oval and 5-8 cm long. They have blunt teeth. There are a few bell shaped flowers in a ring. They are cream and pink.

HABITAT

It is a temperate plant.

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Uphof,

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8dd5c9ea-1e9d-4d65-acbb-278b7bb8f25d