PLANT FACT SHEET

Nepeta raphanorrhiza Benth.

GENUS *Nepeta* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Root

The roots are used as a vegetable.

DESCRIPTION

A herb. It is almost without hairs. It grows 45 cm high. It forms tubers. These are 1-2 cm across. The stems are 10-25 cm long and forms loose mats. The leaves are about 1.2 cm long. The flowers are purple to blue.

HABITAT

It is a cool temperate plant. In Tibet it grows in thickets along streams at about 4,100 m above sea level. It grows in shady places among rocks in oak or conifer forests. It can tolerate frost. It suits hardiness zone 5.

NOTES

There are over 200 Nepeta species.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8e1f227e-207a-4437-84dc-8ec89ae79a3e