PLANT FACT SHEET

Stachys mexicana Benth.

GENUS *Stachys* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - nectar

The nectar is sucked out of the flowers.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 542

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8e2e3921-cd39-41ae-a7c3-ed94a20f8cea