PLANT FACT SHEET

Elsholtzia strobilifera (Benth.) Benth.

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Flowers, Spice, Fruit

The powdered seeds are used for flavouring.
The fresh leaves and dried flowering shoots are used in chutney.

DESCRIPTION

A herb. It grows from seed each year. It grows to about 50 cm high. The leaves are 1-3 cm long. They are oval. The flowers are pinkish and in dense cylindrical spikes. The nutlets are yellow.

HABITAT

A subtropical to temperate plant. In Nepal it grows between 1300 and 4800 m altitude. In China it grows in grasslands and open areas between 2300 and 3700 m altitude in S China. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 40 Elsholtzia species. It is used in medicine.

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