PLANT FACT SHEET

Clinopodium umbrosum (M. Bieb.) Kuntze

GENUS *Clinopodium* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used for flavouring small fish.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant.

REFERENCES

Ethnobotany of Karbis. Chapter 4 in p 107 (As Calamintha umbrosa)

Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 152 (As Calamintha umbrosa)

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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/8fb56326-6290-4fef-a11d-df23f5b29257