PLANT FACT SHEET

Betonica officinalis L.

GENUS *Betonica* **FAMILY** Lamiaceae

COMMON NAMES Wood Ebony, Betony, Bishopwort, Common hedge nettle, Purple betony

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Leaves, Flowers

The leaves and flowering tops are used to make an infusion used as tea.
They are also cooked as a vegetable.

DESCRIPTION

The plant has underground stems. The above ground stem is 50-100 cm long. It has lines along it. There are also dense fine hairs. The leaf stalk of the leaves on the stem are 4-7.5 cm long. The leaf blades near the base are oval and 8-12 cm long by 3-5 cm wide. They are hairy. There are teeth along the edge. The leaves up the stem are shorter. The spikes are about 4 cm long. The flowers are purple.

HABITAT

It is a temperate plant.

NOTES

There are about 15 Betonica species. Betonica are sometimes put in Stachys.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9b8427f9-10f2-47f9-a0a4-5ed43f47a51e