PLANT FACT SHEET

Clinopodium menthifolium subsp. ascendens (Jord.) Govaerts

GENUS *Clinopodium* **FAMILY** Lamiaceae

COMMON NAMES Common calamint

EDIBLE PARTS AND USES

Edible parts: Herb, Leaves - flavour

DESCRIPTION

A small herb. It grows about 30 cm high. It has one main stem and several long branches. The leaves are greyish-green. The leaves are 4 cm long and oval with blunt tips. It has mint-scented leaves. The flowers are in rings that spread out along the top third of the plant. The flowers are pink or purple.

HABITAT

It is a temperate plant. It grows in dry, grassy areas and is usually on alkaline soils. It suits hardiness zones 7-10. In Hobart Botanical gardens.

NOTES

There are 6 or 7 Calamintha species. It is also used medicinally.

REFERENCES

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Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 134

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9e9d408b-08f5-4bb2-98a8-9cdb79a3ef3b