PLANT FACT SHEET

Lippia alba (Mill.) N. E. Br. ex Britton & P. Wilson

GENUS *Lippia* **FAMILY** Verbenaceae

COMMON NAMES Catnip, Anise verbena

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Spice

The leaves are used as a vegetable. They have an anise flavour and are used in soups and with meat and fish. Thye are also used for chutney.
The leaves are used for tea.

DESCRIPTION

A shrub. It is branched. It grows 1.5 m tall. The leaves are opposite or in threes. The leaves are 1-3 cm long and 1-2 cm wide. The flowers are white or pink. They are in spikes 2 cm long.

HABITAT

A subtropical plant. In Argentina it grows from sea level to 1,000 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

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