PLANT FACT SHEET

Stachys splendens Wall. ex Benth.

GENUS *Stachys* **FAMILY** Lamiaceae

COMMON NAMES Himalayan woundwort, Silky woundwort

EDIBLE PARTS AND USES

Edible parts: Leaves - condiment, Spice

The plant is used for flavouring.

DESCRIPTION

An erect shrub. It is woolly and keeps growing from year to year. It is 60-80 cm high. It is slender with many branches. The leaves are stalked. They are 0.6-2.5 cm long. The leaf blades are oblong and heart shaped with teeth. They are 5-6 cm long by 2.3 cm wide. The flowers are pink with purple spots. The occur in many flowered rings. The nutlets are brown and 3 sided. They are about 2 mm long.

HABITAT

A temperate plant. In Nepal it grows between 2100-4000 m altitude. It grows on open slopes in forest clearings. In China it grows in wet areas in forests to 3100 m altitude.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 300 Stachys species.

REFERENCES

Li Hai-wen, Hedge, I.C., Lamiaceae. Flora of China. p 232 (As Stachys melissifolia)

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 439 (As Stachys melissifolia)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a1da32b5-e7bd-4bae-83c0-59d92fc0e912