PLANT FACT SHEET

Clinopodium macrostemum (Moc. & Sesse ex Benth.) Kuntze

GENUS *Clinopodium* **FAMILY** Lamiaceae

COMMON NAMES Pennyroyal

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for tea and as a medicine.

DESCRIPTION

A shrub. The flowers are reddish orange.

HABITAT

It is a tropical plant.

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 3845 (As Satureja macrostemma and Satureja laevigata)

Caballero, J. N., & Mapes, C. S., 1985, Gathering and Subsistence Patterns among the P'urhepecha Indians of Mexico. J. Ethnol. 5(1): 31-47 (As Satureja laevigata)

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 245

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a4c75140-1c56-4df3-a83c-d816b286661d