PLANT FACT SHEET

Edibility uncertain

It has not been confirmed that this plant is safe to eat. Do not eat it on the strength of this fact sheet alone.

Stachys germanica L.

GENUS *Stachys* **FAMILY** Lamiaceae

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Liboredo, J. S., et al., 2023, Unconventional food plants: knowledge and consumption in a state in southeastern Brazil. MOJ Food Process Technols. 11(2):133-139

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a631006a-2cf7-4894-86e0-9f0122cbcc84