PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Galeopsis segetum Necker

GENUS *Galeopsis* **FAMILY** Lamiaceae

COMMON NAMES Downy hemp-nettle

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a vegetable.

DESCRIPTION

An annual herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

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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/a99c24c0-4fb6-4690-b86e-5d6019baf421