PLANT FACT SHEET

Elsholtzia rugulosa Hemsley

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Medicine

The leaves are used as a tea substitute.

DESCRIPTION

A herb or small shrub. The stems are 30-150 cm long. It has many branches. They have white hairs. The leaves are narrowly oval and 2-7.5 cm long by 1-3.5 cm wide. The base is rounded or wedge shaped.

HABITAT

It is a subtropical plant. In Yunnan. It grows between 1,300-2,800 m above sea level.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Cao, Y., et al, 2020, Ethnobotanical study on wild edible plants used by three trans-boundary ethnic groups in Jiangcheng County, Pu'er, Southwest China. Journal of Ethnobiology and Ethnomedicine (2020) 16:66

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/aacc63d8-3e7a-4b7b-868c-dbf2611f6a22