PLANT FACT SHEET

Hedeoma nana (Torr.) Briq.

GENUS *Hedeoma* **FAMILY** Lamiaceae

COMMON NAMES False pennyroyal

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for flavouring.
The are also used for an alcoholic drink.

DESCRIPTION

A herb. It can grow each year from seed or keep growing from year to year. The flowers are pink with purple stripes.

HABITAT

It is a temperate plant.

NOTES

There are about 24 Hedeoma species.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb.(ACEDB version 4.0 - data version July 1994)

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 Hedeoma piperata)

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 255

PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/abd37d46-7754-4c05-be8a-2a2f370b9626