PLANT FACT SHEET

Scutellaria scordifolia Fischer ex Schrank

GENUS *Scutellaria* **FAMILY** Lamiaceae

COMMON NAMES Paired skullcap

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leafy shoots are used for tea.

DESCRIPTION

A herb that keeps growing from year to year. It grows 15-50 cm high. It is hairy. It has creeping underground rhizomes. These have white opposite scales. The aerial stems can be simple or branched. The leaves are opposite and on short leaf stalks. The leaf blades vary in shape and size. They tend to be long and 2-4 cm long by 2-16 mm wide. The flowers are purplish-blue. They occur singly in the axils of leaves. The fruit are nutlets 1-2 mm long.

HABITAT

It is a cold temperate plant. It grows in deciduous broad-leaved forests between sea level and 2,100 m above sea level.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ad54613f-9a57-46c0-b228-b3397ea90d25