PLANT FACT SHEET

Elsholtzia kachinensis Prain

GENUS *Elsholtzia* **FAMILY** Lamiaceae

COMMON NAMES Shui xiang ru, Pak luean

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The young shoots are eaten. They are cooked with meat.

DESCRIPTION

A slender herb. It grows 10-40 cm tall. The stems lie along the ground. They form roots near the base. The leaf stalks are 3-15 cm long. The leaf blade is oval and up to 3 cm long by 2 cm wide. There are teeth around the edge. The flowers are in oval spikes. These are 2.5 cm long by 2 cm wide. The fruit are small brown nutlets. They are oblong and hairy.

HABITAT

It is a temperate to subtropical plant. It grows in China near riverbanks and wet areas. It grows in wetlands. It grows between 1,200-2,800 m altitude. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It can be grown from stem cuttings.

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