PLANT FACT SHEET

Hedeoma pulegioides (L.) Pers.

GENUS *Hedeoma* **FAMILY** Lamiaceae

COMMON NAMES American Pennyroyal, Squaw mint

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves, fresh or dried are used to make tea. The dried leaves smell of mint.
The leaves are used in flavouring. It is also the source of an essential oil used to flavour ice cream, sweets and baked goods.
Caution: It should not be eaten by pregnant women.

DESCRIPTION

A herb. It is a bushy annual plant. It grows up to about 45 cm high. The leaves are on long stalks and are rounded at their base. The leaves are oval and 2.5 cm long. The flowers are small and blue. They are in small clusters in the axils of leaves.

HABITAT

It grows in cool temperate climates. It grows in dry soil and waste places such as along roadsides. It suits plant hardiness zone 4.

PRODUCTION

Cultivation

Plants are grown by seed.

NOTES

There are about 24 Hedeoma species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b8d36bb5-d5db-433a-95e0-26e1e5d99f68