PLANT FACT SHEET

Poliomintha glabrescens A. Gray ex Hemsl.

GENUS *Poliomintha* **FAMILY** Lamiaceae

COMMON NAMES Mexican oregano, Leafy rosemary mint

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Leaves - flavouring

Used for flavouring

DESCRIPTION

A small shrub. It grows 60 cm tall. The flowers are white and purple.

HABITAT

It is a tropical plant. It grows in arid places. It suits the desert or dry shrubland.

NOTES

There are about 24 Hedeoma species.
It has antioxidant and possibly anti-cancer properties.

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 3825 (As Hedeoma glabrescens)

Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 261

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b9ee15ea-33a7-4c52-a35b-6b81a51a9f53