PLANT FACT SHEET

Lycopus lucidus Turczaninow ex Bentham

GENUS *Lycopus* **FAMILY** Lamiaceae

COMMON NAMES Lycopus, Bugleweed

EDIBLE PARTS AND USES

Edible parts: Root, Rhizome, Stems, Leaves, Vegetable, Flowers, Spice

The rhizomes are prepared as a boiled vegetable. They are also salted.
The young stems and leaves are eaten fresh or used in stir fries or for making pickles.

DESCRIPTION

A herb. It keeps growing from year to year. The rhizomes or underground stems are swollen at the tip sometimes with enlarged stolons bearing scale like leaves. The stems are erect. They are 20-70 cm high. The nodes are tinged purple-red. The leaves have very short leaf stalks. The leaf blades are 4-8 cm long by 1.2-2.5 cm wide. The flower heads are round and 1.2-1.5 cm across. The flowers are white.

HABITAT

It is a temperate climate plant. In China it grows in marshy grasslands and beside streams. It grows from 300-2600 m altitude in many provinces. In Sichuan and Yunnan.

NOTES

There are about 10 Lycopus species. They are also used in medicine.

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