PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Minthostachys mollis (Benth) Griseb.

GENUS *Minthostachys* **FAMILY** Lamiaceae

COMMON NAMES Tipo, Poleo, Tipillo

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Medicine

The leaves are used to tea. They have a peppermint flavour.
They are also used as a flavouring.

DESCRIPTION

A small herb. It is woody at the base. It can grow 0.5-3 m high.

HABITAT

A tropical plant.

PRODUCTION

Cultivation

Plants are grown from seed.

REFERENCES

Abh. Koenigl. Ges. Wiss. Goettingen 19:235; Pl. lorentz. 187. 1874 - originally based on Bystropogon mollis Kunth, an illegitimate later homonym (ICBN Art. 53) (non Salisb.)

Alkire, B. H., Tucker, A. O., and Maciarello, M. J., 1994, Tipo, Minthostachys mollis (Lamiaceae): An Ecuadorian Mint. Economic Botany, Vol. 48, No. 1, pp. 60-64

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1815

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 388

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 449

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ba53da7c-a0de-4624-a636-aea836d24e75