PLANT FACT SHEET

Lamium amplexicaule L.

GENUS *Lamium* **FAMILY** Lamiaceae

COMMON NAMES Henbit, Dead Nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The tender young leaves and flowering tips are cooked and eaten. They are used in soups and salads. THey are cut into small pieces before cooking.
They are also used for tea.

DESCRIPTION

An annual herb. The stems can be 30 cm long. The stems have many branches. The upper leaves do not have stalks but lower leaves have stalks as along as the leaf blade. The leaf blade is round or kidney shaped. It is 1-2 cm long by 0.7-1.5 cm wide. The edges are irregular or lobed and the base partly clasps the stem. There are 6-10 flowers in a head. They occur in rings in the axils of the leaves and are pink. The nuts are greyish yellow and oval. They are 3 angled.

HABITAT

It is a temperate plant. It can grow on walls and in dry arable land. In China it grows on roadside and marshes between sea level and 4000 m altitude. It suits light soils. In Argentina it grows from sea level to 1,200 m above sea level. It suits plant hardiness zones 3-9. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seeds or rooting stems.

NOTES

There are about 50 Lamium species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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