PLANT FACT SHEET

Stachys menthoides Kotschy & Boiss.

GENUS *Stachys* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked in vegetable dishes.

DESCRIPTION

A herb. It keeps growing from year to year.

HABITAT

It is a temperate plant.

REFERENCES

Demir, I. & Ayaz, N., 2022, Wild edible plants contributing to the traditional foods of Mardin (Turkey) Province. Indian Journal of Traditional Knowledge Vol 21(3), July 2022, pp 569-582

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/c35c00ec-5b66-4407-a616-01d4523e70b2