PLANT FACT SHEET

Pogostemon glaber Benth.

GENUS *Pogostemon* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - spice

The leaves are added to dishes as a spice or flavouring.

DESCRIPTION

A herb. The stems are 0.5-2 m tall. Lower leaves have leaf stalks 6 cm long but higher leaves do not. The leaves are oval and 5-8 cm long by 3-5 cm wide. There are double teeth along the edge. The flowers are in spikes in the axils of leaves and at the end of the stems and there are many flowers in layers.

HABITAT

It is a tropical plant. It grows in hills, valleys and forests between 1,300-2,700 m above sea level. In Yunnan.

REFERENCES

Ghorbani, A., et al, 2012, A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China. Journal of Ethnobiology and Ethnomedicine; 8:17

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c5b2cf7f-30dd-4401-b667-c2b38973e7a6