PLANT FACT SHEET

Elsholtzia densa Bentham

GENUS *Elsholtzia* **FAMILY** Lamiaceae

COMMON NAMES Dense-flowered aromatic madder

EDIBLE PARTS AND USES

Edible parts: Leaves - spice, Seeds

The leafy shoots are used as a spice for cooking lamb. They are also used in pickles. They are dried and used to flavour dishes in winter.
The seeds are ground with pepper.
The leaves are eaten raw in chutney and salads.

DESCRIPTION

An annual herb. It grows 20-60 cm high. It is hairy. The leaves are narrowly sword shaped and 2-10 cm long by 1-3 cm wide. They taper to the tip and are wedge shaped at the base. There are coarse teeth. The flowers are pale purple. They are in dense groups 1-7 cm long at the ends of branches. The fruit are 2 nutlets.

HABITAT

It is a cold temperate plant. It grows in cold desert. It is widespread in north-eastern and western China. It grows in cold arid places. In the Indian Himalayas it grows between 3,000-4,000 m above sea level. In Sichuan and Yunnan.

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