PLANT FACT SHEET

Leonurus sibiricus L.

GENUS *Leonurus* **FAMILY** Lamiaceae

COMMON NAMES Chinese motherwort, Honeyweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The leaves and shoots are eaten as a vegetable.
The roots are cooked with pork.

DESCRIPTION

A herb. It grows from seed each year. The stems are erect and 20-80 cm long. The lower leaves on the stem fall off early. The leaf stalk of the leaves in the middle of the stem are about 2 cm long. The leaf blade is oval and 5 cm long by 4 cm wide. The base is wedge shaped. There are 3 lobes like fingers on a hand. They are narrow and oblong. These also have 3 lobes. These lobes are narrow and 1-3 mm wide. There are many flowers in the head. The flowers can be white, red or reddish-purple. The nutlets are brown and oblong. They are 3 sided.

HABITAT

A tropical and subtropical plant. In China it grows on stony and sandy grasslands. It grows in northern China to 1500 m altitude.

PRODUCTION

Cultivation

Plants can be grown by seed.

NOTES

There are about 20 Leonurus species. It is used in medicine. Chemical composition (leaves): Leonurin = 0.5%. Fatty oil. Ash = 5.0%.

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Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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