PLANT FACT SHEET

Isodon inflexus (Thunb.) Kudo

GENUS *Isodon* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb that keeps growing from year to year. It grows 60 cm tall. It is much branched from the base. There are white spines that point backwards at the nodes. The leaves are a broad triangle shape or oval and 3-5.5 cm long by 2.5-5 cm wide. The flowers are in narrow groups 6-10 cm long with 3-5 flowers.

HABITAT

It is a temperate plant. It grows between 200-1,400 m above sea level.

REFERENCES

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Hwang, HS, et al, 2014, Distribution characteristics of plant in the Ungseokbong Mountain, Gyeongsangnam-do, Korea. Journal of Asia-Pacific Biodiversity. 7(2014) e164-e178

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cc0d2adc-35df-48d5-8c79-24e7c8f13378