PLANT FACT SHEET

Lycopus uniflorus Michx.

GENUS *Lycopus* **FAMILY** Lamiaceae

COMMON NAMES Slender Bugleweed, Northern bugleweed

EDIBLE PARTS AND USES

Edible parts: Root, Tubers

The tubers can be added to tossed salad or added to relish.
They can be boiled or pickled and used in soups and stews.
They can be boiled in salt water and eaten.

DESCRIPTION

A slender herb. It grows 10-40 cm tall. The stem is simple or occasionally branched. It arises from a small thick tuber. It can have runners. The stems are square. The leaves are opposite and narrowly sword shaped. They are pointed and have coarse teeth. The flowers are small and white. These are in clusters at the leaf nodes.

HABITAT

It is a temperate plant. It grows in boggy ground. Nearer the equator it grows at higher altitudes. It suits hardiness zones 3-7.

NOTES

There are about 10 Lycopus species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cdaea79f-3ca9-46b0-b2bf-c387b4e3dbe0