PLANT FACT SHEET

Lamium maculatum L.

GENUS *Lamium* **FAMILY** Lamiaceae

COMMON NAMES Spotted dead nettle

EDIBLE PARTS AND USES

Edible parts: Shoots, Flowers - nectar, Flowers, Leaves

The young shoots are cooked as a vegetable.
The flowers are sucked for their nectar.
The leaves and flowers are used in salads, stews and soups. They are also finely chopped and added to mashed potatoes.
The leaves and flowers are used for herbal teas.

DESCRIPTION

A herb. It keeps growing from year to year. The stems are 30-50 cm tall. They have some white hairs and are hollow. The leaves are 3-5 cm long by 2-3 cm wide. They are green with blue-silver mottling. The flowers are pink.

HABITAT

It is a Mediterranean plant. It grows on hill tops and valleys between 2,400-2,700 m above sea level.

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