PLANT FACT SHEET

Stachys kouyangensis (Vaniot) Dunn

GENUS *Stachys* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The tubers are boiled or stir fried and eaten.

DESCRIPTION

A herb. It keeps growing from year to year. The stems are slender and 50 cm long. The leaves are triangle or arrowhead shaped. There are coarse rounded teeth along the edge.

HABITAT

It is a temperate plant. It grows between 2,400-3,800 m above sea level. It grows in Yunnan in China. In Sichuan and Yunnan.

PRODUCTION

Harvesting and Seed Production

In Yunnan tubers are harvested between June and September.

REFERENCES

Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, Journal of Ethnobiology and Ethno medicine 9:28 (As Stachys kouyangensis var. franchetiana)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d7f24c29-0807-4725-a76e-9f560f7d229a