PLANT FACT SHEET

Minthostachys andina (Britton ex Rusby) Epling

GENUS *Minthostachys* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Tea, Flavouring

The flowers are used for a morning drink.

DESCRIPTION

A climbing shrub. The leaves are opposite and there are flowers in the axils of the leaves. The leaves are heart shaped.

HABITAT

It is a high altitude tropical plant. It grows between 2,600-2,800 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/db05256b-184f-409b-ba64-3d1c7e086281