PLANT FACT SHEET

Glechoma hirsuta Waldst. & Kit.

GENUS *Glechoma* **FAMILY** Lamiaceae

COMMON NAMES Hairy ground ivy

EDIBLE PARTS AND USES

Edible parts: Leaves - spice

It is used as a spice in soups and sauces.

DESCRIPTION

A herb. It grows 30 cm tall. The leaves are almost heart shaped and have rounded lobes around the edge. The flowers are purple.

HABITAT

It is a temperate plant. It has been recorded at about 1,000 m above sea level.

REFERENCES

Luczaj, L., 2012, Ethnobotanical review of wild edible plants of Slovakia. Acta Societatis Botanicorum Poloniae 81(4):245-255

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dbd41eeb-897f-4876-985a-773aa17900c1