PLANT FACT SHEET

Pseudodictamnus africanus (L.) Salmaki & Siadati

GENUS *Pseudodictamnus* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The leaves are eaten as a snack and vegetable. They are also used for tea and flavouring.

DESCRIPTION

A shrub. It grows 30-120 cm tall. The stems are erect and spreading. The leaves are round and 1.5-5 cm long by 1.5-4.5 cm wide. The flowers are in rings. They are pink to purple.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 69 (As Ballota africana)

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179 (As Ballota africana)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dc0e6144-d69b-4eb6-a53e-1b4c17310b44