PLANT FACT SHEET

Pogostemon benghalensis (Burm. f.) O. Kuntze

GENUS *Pogostemon* **FAMILY** Lamiaceae

COMMON NAMES Bengal pogostemon

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked and eaten as a vegetable. They are especially eaten with fish.
They are also made into pancakes with powdered rice.
The young leaves can be stored for 4-5 days.

DESCRIPTION

A shrub. It grows 2-3 m high. The young parts have a soft covering. The mature branches are light purple. The leaves are oval and have teeth. The flowers are small and white or pale pink. The fruit are small dark nutlets.

HABITAT

It is a tropical plant.

PRODUCTION

Cultivation

Plants can be grown from seeds or roots.

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