PLANT FACT SHEET

Elsholtzia stachyodes (Link) Raizada & Saxena

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are eaten raw or pickled.

DESCRIPTION

An annual herb. It has many branches. It grows about 1 m high. The leaves have stalks. The leaves are 1.5-5 cm long by 1-3.5 cm wide. They are broadly oval and taper to the tip. They have coarse teeth. The lower surface has gland dots over it. The flowers are white. They occur in long cylindrical spikes. The fruit is a nutlet. It is oblong.

HABITAT

A tropical plant. In Nepal it grows between 1300-2500 m altitude. It grows in moist, open places along streams. In China it tends to grow in limestone mountains between 800-2800 m altitude. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 40 Elsholtzia species. It is used in medicine.

REFERENCES

Li Hai-wen, Hedge, I.C., Lamiaceae. Flora of China. p 332

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 217

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/e1a9b9a5-42ed-4c40-bbea-34843374b2d2