PLANT FACT SHEET

Elsholtzia blanda (Benth.) Benth.

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Flowers, Spice

The young shoots and leaves are served cooked as a vegetable. They are also used as a tea substitute.
The seeds are pickled.
The flowers are used in chutney.

DESCRIPTION

A slender herb. It grows 30-150 cm high. The stems are square and branched. They are hairy. The leaves are opposite and oval. They have teeth along the edge. They are smooth on the upper surface and hairy underneath. The leaves are 3-8 cm long and 1.5-2 cm wide. The flower panicle can be at the ends of branches or in the axils of leaves. They are 6-12 cm long. The flowers are very small and white. The fruit are small nuts 0.7 mm long.

HABITAT

A tropical and subtropical plant. In Nepal it grows from 300-2500 m altitude. It grows in moist, open places. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

In Nagaland leaves are harvested June to November.

NOTES

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

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