PLANT FACT SHEET

Lamium purpureum Sieb. & Zucc.

GENUS *Lamium* **FAMILY** Lamiaceae

COMMON NAMES Purple Dead Nettle, Archangel, Archangel red dead-nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Flower tips, flower - nectar

The leaves are eaten as a snack.
The young leaves are used as a potherb.
The young flowering tips are boiled or candied.
The flower nectar is sucked.

DESCRIPTION

A herb which completes its lifecycle over one or two years. It grows 30 cm tall. The stems lie along the ground. The leaves are furry. The upper leaves are on short stalks and clasp the stem. The look a little like stinging nettles but they do not sting. The flowers are pinkish-purple and 14-20 mm long.

HABITAT

It is a temperate plant. They grow well in moist rich soil. It suits plant hardiness zones 3-9. Tasmania Herbarium.

NOTES

There are about 50 Lamium species.

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