PLANT FACT SHEET

Clinopodium vulgare L.

GENUS *Clinopodium* **FAMILY** Lamiaceae

COMMON NAMES Field basil, Bush basil

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Seeds

The fresh or dried leaves are used as flavouring. They are used for tomato sauce, omelettes, egg sandwiches, rice dishes and other foods.
The fresh leaves can be used for tea.
The cracked seed are used in various recipes.

DESCRIPTION

A small herb. It is softly hairy. It grows 75 cm high. The stems are erect. They only have a few branches. The leaves are oval or sword shaped. They have a few teeth and short stalks. The flowers are red-purple. They are 12-22 mm long and in dense rings. The calyx is purple and curved.

HABITAT

It is a temperate plant. It grows in dry grasslands and stony habitats. It grows along roadsides and the edges of forests. In north India it grows between 2,500-3,500 m above sea level. It suits plant hardiness zone 7.

NOTES

There are about 20 Clinopodium species.

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Wild edible plants of Himachal Pradesh

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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