PLANT FACT SHEET

Platostoma palustre Benth.

GENUS *Platostoma* **FAMILY** Lamiaceae

COMMON NAMES Chinese jelly herb, Black cincau

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The dried plant is mixed with rice water to make a cooling drink.
For grass jelly drink the plant is boiled in water with potassium carbonate added and the plant is then removed and the water boiled a second time and cooled into a jelly. These are then mixed with water, sugar and corn starch.

DESCRIPTION

A herb. It grows 15-100 cm high. It has fine bristles. The leaf stalk is 2-15 mm long. The leaf blade is narrowly oval and 2-5 cm long by 0.8-2.8 cm wide. The flower clusters are 2-10 cm long. The flowers are white or reddish. The nutlets are black and oval.

HABITAT

It is a tropical plant. In China it grows in ravines in dry and sandy areas in southern areas.

NOTES

There are 8-10 Mesona species. They occur in Asia. They are probably now all Plectranthus.

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