PLANT FACT SHEET

Endostemon tereticaulis (Poir.) M. Ashby

GENUS *Endostemon* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

The leaves are used for flavouring when cooking meat.

DESCRIPTION

A low bushy herb. It grows 30 cm high. It has a strong smell.

HABITAT

It is a tropical plant. It grows in waste sandy places and rocky soils in the Sahel in West Africa. It can grow in arid places.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 3. Kew.

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Vanderjagt, D. J. et al, 2000, The trypsin inhibitor content of 61 wild edible foods of Niger. Plant Foods for Human Nutrition. 55:335-346

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ea8be019-5c18-4575-912e-4528d6c4971b