PLANT FACT SHEET

Elsholtzia griffithii Hook.f.

GENUS *Elsholtzia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - flavouring

The flowers fresh or dried are used for chutney and for flavouring.

DESCRIPTION

A herb or shrub.

HABITAT

It is a tropical plant.

REFERENCES

Khodram,S. D., et al, 2019, Local knowledge of edible flowers used in Mizoram. Indian Journal of Traditional Knowledge Vol 18(40 pp 715-723

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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/eadbbe88-ea0f-4e23-89d5-6e1245a97dd0