PLANT FACT SHEET

Isodon serra (Maxim.) Kudo

GENUS *Isodon* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Medicine, Leaves - tea

It is used in soups and stews.

DESCRIPTION

A herb that keeps growing from year to year. The stems are erect and 1.5-2 m tall. They have hairs in the higher section. The leaves are oval and 3.5-10 cm long by 1.5-4.5 cm wide. The edges are curved. The flowers are in loose groups 10-20 cm long.

HABITAT

It is a temperate plant. It grows near streams between 100-1,200 m above sea level.

REFERENCES

Li, D. et al, 2017, Ethnobotanical survey of herbal tea plants from the traditional markets in Chaoshan, China. Journal of Ethnopharmacology. 205 (2017) 195-206 (As Rabdosia serra)

Liu, S., et al, 2023, Wild edible plants and their cultural significance among the Zhuang ethnic group in Fangchenggang, Guangxi, China. Journal of Ethnobiology and Ethnomedicine. 19:5

PROVIDED BY **Food Plants International**

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/ec964e36-1715-45af-b6ca-372c3bf1c0c4