PLANT FACT SHEET

Ocimum carnosum (Spreng.) Link & Otto ex Benth.

GENUS *Ocimum* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Flowers

It is used to flavour mate and also meat and fish dishes.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant.

REFERENCES

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Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 212

Gomes, L.C.A., et al, 2023, Patterns of use of wild food plants by Brazilian local communities: systematic review and meta-analysis. Journal of Ethnobiology and Ethnomedicine. 19:47 p 9

Kinupp, V. F., 2007, Plantas alimenticias nao-convencionais da regiao metropolitana de Porto Alegre, RS, Brazil p 79 (As Ocimum selloi)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ed337aab-9bce-495c-9bb8-72fb7bc0e0cf