PLANT FACT SHEET

Ajuga macrosperma Wall. ex Benth.

GENUS *Ajuga* **FAMILY** Lamiaceae

COMMON NAMES Bugle

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are used as a potherb.

DESCRIPTION

A herb. It can be erect or lie along the ground. It sometimes forms stolons. The stems are 15-40 cm tall. Young parts have white hairs. The leaves are oval and 4-10 cm long by 2-5 cm wide. The edges are wavy. There are 6-12 flowers in layers in the spike. The are in the axils of upper leaves. The flowers are tube shaped and blue.

HABITAT

It is a tropical and subtropical plant. It grows in shady areas and in limestone forests between 400-2,600 m above sea level. In Yunnan.

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