PLANT FACT SHEET

# *Minthostachys spicata* (Benth.) Epling

**GENUS** *Minthostachys* **FAMILY** Lamiaceae

## EDIBLE PARTS AND USES

**Edible parts:** Flavouring

## DESCRIPTION

A climbing shrub. The stems are slender. The leaves are small. They are oval to heart shaped. The flowers are small and white. They have a purple spot on the lip.

## HABITAT

It is a tropical plant. It suits the wet tropics. It has been recorded at 2,900 m above sea level.

## REFERENCES

Alva-Alvarado, I. M., et al, 2023, Wild plants for food in the Andes. Research Square. p 30

**PROVIDED BY** **Food Plants International**

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

**LICENCE** CC BY-NC-SA 3.0

**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/f2ab2e56-0192-40c5-a7f5-dfd59d7377ed