PLANT FACT SHEET

Plectranthus forsteri Benth.

GENUS *Plectranthus* **FAMILY** Lamiaceae

COMMON NAMES Lata, Latha

EDIBLE PARTS AND USES

Edible parts: Leaves - drink

The leaves are used as a substitute for sage in cooking.

DESCRIPTION

A shrub. It grows 0.9-2.4 m high and spreads 3 m wide. It is sprawling and keeps growing from year to year. It has an aroma. The stems are hairy and 100 cm long. The leaves are oval and hairy. They have teeth along the edge.

HABITAT

A warm temperate plant. It suits hardiness zones 8-10. In Fiji it grows from sea level to 1,050 m altitude. It grows in rocky places in forests.

NOTES

There are about 250 Plectranthus species. They are mainly in the tropics. The leaves have been used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f499db79-93b9-4393-b3f7-a2d2cc117408