PLANT FACT SHEET

Leonurus cardiacea L.

GENUS *Leonurus* **FAMILY** Lamiaceae

COMMON NAMES Motherwort

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Flowers - flavour, Leaves - tea

The flowering tops are used as flavouring for beer, ales and stouts.
Fresh and dried flowers can be added to soups.
They can be brewed as a tea,

DESCRIPTION

A small herb. It keeps growing from year to year and has a strong smell. It grows 1.2 m high and spreads 60 cm wide. The stems are purple. The leaves are lobed like fingers on a hand. They are 7 cm long. The flowers are mauve to white and downy. They have purple spotted lips. The flowers are produced in rings in the axils of leaves.

HABITAT

It is a temperate plant. In Argentina it grows from sea level to 500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown by division.

NOTES

There are 4 Leonurus species.

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