



PLANT FACT SHEET

Leonotis nepetifolia (L.) R. Br.

GENUS *Leonotis* FAMILY Lamiaceae

COMMON NAMES Lion's head, Bald head, Giant lion's ear

EDIBLE PARTS AND USES

Edible parts: Vegetable, Flowers, flower - nectar

The flowers are eaten. They are cooked with green leafy vegetables.
The nectar is also sucked from the flowers.

DESCRIPTION

An erect herb. It is coarse and grows to 1-2 m high. It spreads 20-30 cm wide. It has 4 sided grooved stems. The lower leaves are oval and toothed. The upper leaves are opposite and sword shaped. They have teeth along the edge and are elongated to a narrow base. The flowers are red-orange tubes. They are in the axils of leaves. They form a round head of stiff spiny sepals.

HABITAT

It is a tropical plant. It grows in waste places. It can grow with moderate moisture or in fairly dry locations. It needs a well-drained soil. It is best in full sun but can tolerate shade. It grows in hot arid places with a marked dry season. It grows in sandy soils. It can grow between sea level and 2,000 m above sea level. It can grow in arid places. In Argentina it grows from sea level to 1,000 m above sea level. It suits hardiness zones 8-11. It is rare in Swaziland.

PRODUCTION

Cultivation

Plants can be grown from seeds or cuttings. If the tips of plants are picked off, branching will increase.

Harvesting and Seed Production

Flowers occur soon after the first rains.

NOTES

There are about 9- (15) 30-40 *Leonotis* species. It is used in medicine. The dried leaves are smoked.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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PROVIDED BY Food Plants International

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

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