PLANT FACT SHEET

Hedeoma drummondii Benth.

GENUS *Hedeoma* **FAMILY** Lamiaceae

COMMON NAMES Drummond's falsepennyroyal

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

Flavouring like peppermint. The leaves are used for soup.
The leaves are flowering tops are used for teas.
Caution: It probably should not be eaten by pregnant women.

DESCRIPTION

A herb. It grows 45 cm tall. It is hairy. The leaves are simple and narrow. The are opposite. The edges of the leaves are often rolled inwards. The leaves and flowers are covered with short hairs. The flowers are purple. The occur in long clusters. There are 3-7 flowers in the axils of the leaves. The flowers are about 1 cm long. The fruit are small green to brown nutlets with 1-4 seeds each.

HABITAT

It is a subtropical plant. It grows between 1,100-2,400 m above sea level.

NOTES

There are about 24-38 Hedeoma species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fd2e77b0-f7b1-4781-96e4-d3c5069a13f2