

## LIVING LAB N.8 “MEDICINAL AND AROMATIC PLANTS”

*Aloysia citrodora*

Synonym: *Lippia citriodora*

Family *Verbenaceae*

a deciduous sub-shrub to 2.5m in height, with narrowly lance-shaped, strongly lemon-scented leaves and open panicles of tiny white or pale lilac flowers.

Origin: South America



### References

Bahramsoltani, R., Rostamiasrabadi, P., Shahpiri, Z., Marques, A. M., Rahimi, R., & Farzaei, M. H. (2018). *Aloysia citrodora* Paláu (Lemon verbena): A review of phytochemistry and pharmacology. *Journal of ethnopharmacology*, 222, 34-51.

Al-Maharik, N., Salama, Y., Al-Hajj, N., Jaradat, N., Jobran, N. T., Warad, I., ... & Hidmi, A. (2024). Chemical composition, anticancer, antimicrobial activity of *Aloysia citriodora* Palau essential oils from four different locations in Palestine. *BMC Complementary Medicine and Therapies*, 24(1), 94.

## LIVING LAB N.8 “MEDICINAL AND AROMATIC PLANTS”

*Origanum dictamnus* L. (1753)

Synonym: *Amaracus dictamnus*

Family: Lamiaceae

A compact, dome-forming, evergreen sub-shrub to 15cm tall, with attractive arching stems bearing aromatic, rounded, densely felted, grey-green, leaves occasionally purple-mottled. Dense, nodding whorls of funnel-shaped pink flowers among hop-like purple bracts, appear in summer

Plants for Pollinators

		<p>References</p> <p>Solomou, A. D., Fountouli, A., Molla, A., Petrakis, M., Manolikaki, I., &amp; Skoufogianni, E. (2024). Ecology, cultivation, and utilization of the Dittany of Crete (<i>Origanum dictamnus</i> L.) from ancient times to the present: A short review. <i>Agronomy</i>, 14(5), 1066.</p> <p>Paloukopoulou, C., Tsadila, C., Govari, S., Soulioti, A., Mossialos, D., &amp; Karioti, A. (2023). Extensive analysis of the cultivated medicinal herbal drug <i>Origanum dictamnus</i> L. and antimicrobial activity of its constituents. <i>Phytochemistry</i>, 208, 113591.</p>
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## LIVING LAB N.8 “MEDICINAL AND AROMATIC PLANTS”

*Helichrysum italicum*

**Synonym:** *Helichrysum rupestre*

Family: Asteraceae

A small bushy evergreen sub-shrub with linear, silvery-grey, curry-scented leaves, and small yellow flowerheads in domed clusters

		<p>References</p> <p>Brunetti, G., Ruta, C., Traversa, A., D'Ambruoso, G., Tarraf, W., De Mastro, F., ... &amp; Coccozza, C. (2018). Remediation of a heavy metals contaminated soil using mycorrhized and non-mycorrhized <i>Helichrysum italicum</i> (Roth) Don. <i>Land Degradation &amp; Development</i>, 29(1), 91-104.</p> <p>Morone-Fortunato, I., Montemurro, C., Ruta, C., Perrini, R., Sabetta, W., Blanco, A., ... &amp; Avato, P. (2010). Essential oils, genetic relationships and in vitro establishment of <i>Helichrysum italicum</i> (Roth) G. Don ssp. <i>italicum</i> from wild Mediterranean germplasm. <i>Industrial crops and products</i>, 32(3), 639-649.</p>

## LIVING LAB N.8 “MEDICINAL AND AROMATIC PLANTS”

*Salvia africana* L. (1762) ‘Lutea’

### Synonym:

Family: *Lamiaceae*

Rustic evergreen perennial shrub, with a typical bushy and rounded habit. Native to South Africa, it is quite fast in growth and can reach about 18-meter height maximum and a slightly smaller diameter. It has numerous lignified branches that run erect and arched and form a dense tangle. The herbaceous stems, which detach from the woody ones and further thicken the plant, bear small silvery-grey, intensely aromatic opposite leaves. The unusual flowers of this shrub appear in spring, they are gathered in dense inflorescences at the apex of the stems of the previous year: they may give the impression of having already withered. They are large and initially have an orange-rust color, then reddish brown. Once dropped, they leave a saucer-shaped red chalice with a paper consistency that is particularly attractive. Furthermore, these flowers contain an enormous quantity of sweet nectar therefore they are often surrounded and frequented by bees, butterflies and birds.



### References

Ezema, C. A., Aguchem, R. N., Aham, E. C., Ezeorba, W. F. C., Okagu, I. U., & Ezeorba, T. P. C. (2024). *Salvia africana-lutea* L.: a review of ethnobotany, phytochemistry, pharmacology applications and future prospects. *Advances in Traditional Medicine*, 24(3), 703-724.

Kamatou, G. P., Makunga, N. P., Ramogola, W. P. N., & Viljoen, A. M. (2008). South African *Salvia* species: a review of biological activities and phytochemistry. *Journal of ethnopharmacology*, 119(3), 664-672.

## LIVING LAB N.8 “MEDICINAL AND AROMATIC PLANTS”

*Coleonema pulchrum* Hook. (1834).

Synonym: *Coleonema pulchellum*

Family: *Rutaceae*

A medium to large-sized billowy shrub to 6-10 feet tall and as wide with aromatic soft needle-like leaves and small star-like pink flowers spring through the fall. The flowers are held at the ends of slender branches that move with the wind. Larger and more upright than the white breath of heaven, *Coleonema album*. Best in full sun to part shade with regular watering although it can be surprisingly drought resistant once established. Avoid heavy soils unless on a slope and do not over water. It is hardy to about 20 degrees F and tolerates near coastal windy conditions. A great plant along pathways so that strollers will brush the foliage and bring out its fragrance.

		<p>References</p> <p>Başer, K. H. C., Demirci, B., Özek, T., Viljoen, A. M., &amp; Victor, J. E. (2006). Composition of the essential oils of five <i>Coleonema</i> species from South Africa. <i>Journal of Essential Oil Research</i>, 18(sup1), 26-29.</p> <p>Fajinmi, O. O., Grúz, J., Tarkowski, P., Kulkarni, M. G., Finnie, J. F., &amp; Van Staden, J. (2017). Antifungal and antioxidant activities of <i>Coleonema album</i> and <i>C. pulchellum</i> against skin diseases. <i>Pharmaceutical biology</i>, 55(1), 1249-1255.</p>

## LIVING LAB N.8 “MEDICINAL AND AROMATIC PLANTS”

*Tagetes lemmonii* A. Gray (1883)

Synonym: *Tagetes alamensis*, *Tagetes palmeri*

Family: *Asteraceae*

Herbaceous evergreen perennial, a native to Arizona and northern Mexico. The highly aromatic, fine textured medium green leaves are arranged on brittle stems. Yellow-orange daisy-like flowers provide intense color from winter-spring. Growing up to 3 feet tall by 3 feet wide, makes it a good choice for border plantings.



### References

Salehi, B., Valussi, M., Morais-Braga, M. F. B., Carneiro, J. N. P., Leal, A. L. A. B., Coutinho, H. D. M., ... & Sharifi-Rad, J. (2018). *Tagetes* spp. essential oils and other extracts: Chemical characterization and biological activity. *Molecules*, 23(11), 2847.

Tucker, A. O., & Maciarello, M. J. (1996). Volatile leaf oil of *Tagetes lemmonii* Gray. *Journal of Essential Oil Research*, 8(4), 417-418.

## LIVING LAB N.8 “MEDICINAL AND AROMATIC PLANTS”

*Tanacetum cinerariifolium* (Trevir.) Sch. Bip. (1833)

Synonym: Pyrethrum

Family: *Asteraceae*

It is called the Dalmatian chrysanthemum or Dalmatian pyrethrum, denoting its origin in that region of Europe (Dalmatia). It looks more like the common daisy than other pyrethrums do. Its flowers, typically white with yellow centers, grow from numerous fairly rigid stems. Plants have blue-green leaves and grow to 45 to 100 cm (18 to 39 in) in height.



### References

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*Loropetalum chinense* Yieh (1973) ‘rubrum’