

Beefsteakplant (*Perilla frutescens*)

Also called: Beefsteak mint

Family name: Mint (Lamiaceae)

Native range: India

NJ Status: Emerging Stage 1 – Rare (may be locally common). It is *mildly threatening* to natural plant communities. All detected occurrences should be eradicated.

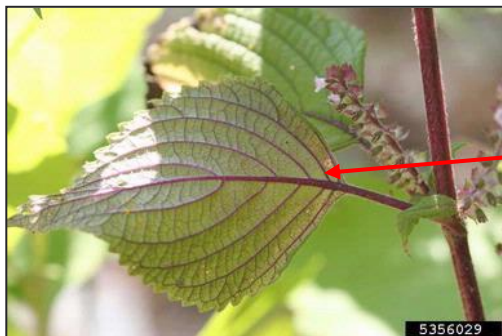
General description:

- Annual herb to 0.5'-1.5'
- Dried stalks can persist through winter
- Stems square
- Strongly aromatic, some claim it smells like raw beef



Leaves:

- Opposite, broadly oval to oblong
- 3"-6" long, including the long stem
- Toothed
- Veins point towards the leaf tip
- Typically purple to purplish green, especially below
- Leaf base wedge shaped



Purplish underside

Flowers:

- Small, purplish to white
- Appearing in terminal or axillary spikes
- Irregular flowers
- Paired along the spike
- Surrounded by straight, outwardly spreading bracts—bracts typically not taller than the flower cluster
- Blooms August-September



Fruit:

- Tiny, oval, dark seeds contained within hairy leaf-like structures
- Borne on a spike, 2"-5" long



Flowering spike in seed



Habitat:

- Shaded roadsides, riparian areas, forests, gardens
- Moist ground

Commercial availability: Yes

Look-alikes:

The strong odor, leaf shape and color distinguish *Perilla frutescens* from members of the mint family and other squared stemmed plants.

Water-horehound and bugleweed species (*Lycopus spp.*)

- Native and non-native perennial herbs of moist or wet ground
- Native species can be frequent
- Purplish flowers typically in axillary clusters
- Leaves typically narrower
- Faint odor



Horse-balm, stoneroot (*Collinsonia canadensis*)

- Native woodland wildflower
- Flowers yellow
- Strong odor of citronella



American germander (*Teucrium canadense*)

- Native wildflower of thickets and moist ground
- Flowers purplish
- Stamens protrude
- Leaves elongate

