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Phyla lanceolata

[Synonyms : *Lippia lanceolata*, *Lippia lanceolata* var. *recognita*, *Phyla lanceolata* var. *recognita*]

LANCELEAF FOGFRUIT is a trailing perennial. Native to central and southern United States it has tiny pale blue, purple or white flowers.

It is also known as Fogfruit, Frogfruit, Lance fog fruit, Lanceleaf lippia, and Northern fog fruit. The flowers are pollinated by short-tongued bees as they and other insects visit the plant for the nectar.

In the United States it is declared to be endangered in New Jersey and rare in Pennsylvania.

Lanceolata is derived from Latin *lancea* (lance, spear) meaning 'spear- or lance-shaped'.

The North American Mahuna Indians took the plant internally as a treatment for rheumatism.