PLANT FACT SHEET

Teucrium montanum L.

GENUS *Teucrium* **FAMILY** Lamiaceae

COMMON NAMES Mountain germander

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Tea

The flowers are used for herbal tea.

DESCRIPTION

A herb or shrub. It grows about 30 cm tall. It forms round clumps. The leaves are small and less than 3 cm wide. They are pointed with rolled edges. They have a scent. The flowers are yellow to white.

HABITAT

It is a Mediterranean climate plant. It grows up to 2,400 m above sea level in the Alps.

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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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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0cbb6c12-4f5b-4023-bf0e-6e2e7671ab38