PLANT FACT SHEET

Stachys recta L.

GENUS *Stachys* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaf and flowering tops are used for drinks.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

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Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). Economic Botany 58(4) pp. 684-690

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

http://www.botanic-gardens-ljubljana.com/en/plants

Ozbucak, T. B. et al, 2006, The Contribution of Wild Edible Plants to Human Nutrition in the Black Sea Region of Turkey. Ethnobotanical Leaflets 10: 98-103 (As Stachys erecta L.)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0cbc20f3-db3d-4b6b-b309-a23aaba1060a