PLANT FACT SHEET

Ziziphora hispanica L.

GENUS *Ziziphora* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The flowers and leaves are used to make a herbal drink.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

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Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/12d62119-7bb2-48e3-b7aa-bbff8a1aefd2