PLANT FACT SHEET

Phlomis russeliana (Sims) Lag. ex Benth.

GENUS *Phlomis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Branches - tea, Flowers - spice

The branches are used as a herbal tea

DESCRIPTION

A herb. It keeps growing from year to year. It has rings of yellow flowers.

HABITAT

It is a temperate plant. It grows up to 1,700 m above sea level.

REFERENCES

Kayabasi, N. P., et al, 2018, Wild edible plants and their traditional use in the human nutrition in Manyas (Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 299-306

Kew Plants of the World onLine

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/136eeded-87dc-4cd9-a144-16bf90a9e402