PLANT FACT SHEET

Sideritis raeseri Boiss. & Heldr.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowering parts - tea

The flowering parts are dried and then used for tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

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

Pieroni, A. & Soukand, R., 2017, The disappearing wild food and medicinal plant knowledge in a few mountain villages of North-Eastern Albania. Journal of Applied Botany and Food Quality 90, 58 - 67

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/19e09f33-28ba-483c-96ea-c645c3f6afd3