PLANT FACT SHEET

Mentha spicata subsp. glabrata L., (Lej et Court) Lebeau

GENUS *Mentha* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used fresh and dried to flavour dishes.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

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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/267ebeb9-851b-4d1b-9331-ce4b978f6e24