PLANT FACT SHEET

Helianthemum cinereum (Cav.) Pers.

GENUS *Helianthemum* **FAMILY** Cistaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The flowering parts are used for a herbal tea.

DESCRIPTION

A small shrub. It grows 20 cm tall.

HABITAT

It is a Mediterranean climate plant.

PRODUCTION

Cultivation

It is grown from seeds.

REFERENCES

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152, 27-71

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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/280bd772-2dc2-493d-a945-4b4511ec23f5