PLANT FACT SHEET

Sideritis lanata L.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows 35 m tall. The leaves are green and have long white hairs.

HABITAT

It is a temperate plant.

REFERENCES

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

PROVIDED BY **Food Plants International**

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/286a131d-e615-4e6c-af02-503a7406b495