PLANT FACT SHEET

Phlomis floccosa D. Don

GENUS *Phlomis* **FAMILY** Lamiaceae

COMMON NAMES Fluffy foxtail, Floccosa sage

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers - tea

DESCRIPTION

A herb. It grows 35 cm tall. The leaves are 3-5 cm long. They have teeth along the edge. The flowers are 3.2 cm long and yellow. There are up to eight in a ring.

HABITAT

It is a Mediterranean plant.

PRODUCTION

Cultivation

It can be grown by seed, division or cuttings.

REFERENCES

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/286cd103-d074-46fd-bf44-9facbc78cac7