PLANT FACT SHEET

Helichrysum pallasii (Spreng.) Ledeb.

GENUS *Helichrysum* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

DESCRIPTION

A small shrub.

HABITAT

It is a temperate plant. In Turkey it grows between 1,700-3,600 m above sea level.

NOTES

The leaves have antioxidant properties.
It is used as medicine.

REFERENCES

Gunes, S. et al, 2018, Survey of wild food plants for human consumption in Karaisali (Adana-Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 290-298

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2d9b2964-d109-4b2f-b43a-287082887dbe