PLANT FACT SHEET

Teucrium stocksianum Boiss.

GENUS *Teucrium* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

The fruit/seeds are dried then eaten fresh or cooked.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 10-30 cm tall. The leaves are greyish white. They are narrowly oval and 12-20 mm long by 4-10 mm wide. There can be 3-5 teeth in the upper section. The flowers are in compact heads. The small nuts are 1.8 mm long by 1.2 mm wide.

HABITAT

It is a subtropical plant.

REFERENCES

Khalid, N., et al, 2023, Wild food plants gathered by four cultural groups in North Waziristan, Pakistan. Genet Resour Crop Evol. 70:1243–1276

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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/30ed0024-5761-4a5f-ade6-905e65b2e54d