PLANT FACT SHEET

Sideritis hirsuta L.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The flowering aerial parts are used for a herbal tea and for a liqueur.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/33301dea-bcde-4ba3-8950-ea00b7e62a44