PLANT FACT SHEET

Cota altissima (L.) J. Gay.

GENUS *Cota* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The flowers are used for tea drinks.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Kayabasi, N. P., et al, 2018, Wild edible plants and their traditional use in the human nutrition in Manyas (Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 299-306 (As Anthemis altissima)

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/34529b20-78bf-4442-bcfe-c06676c4e2a8