PLANT FACT SHEET

Tidestromia lanuginosa (Nutt.) Standl.

GENUS *Tidestromia* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

A low growing herb. It grows each year from seed. It grows 10-50 cm tall. The leaves are 0.6-3 cm long by 1-3 cm wide. They are grey-green. There are 1-3 flowers in a group and they are yellow. The fruit are 1.3-1.5 mm across.

HABITAT

It is a temperate plant.

REFERENCES

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 202
World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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