PLANT FACT SHEET

Micromeria fruticosa Druce

GENUS *Micromeria* **FAMILY** Lamiaceae

COMMON NAMES Thyme-leaved savory, White-leaves savory

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for herbal teas. They are also used in soups.

DESCRIPTION

A small shrub. It grows 60 cm tall. The leaves are opposite and have a pennyroyal scent. The flowers are small and white.

HABITAT

It is a Mediterranean climate plant. It often grows in limestones. It can tolerate drought.

NOTES

It has a range of medicinal benefits.

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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/47383165-d5ca-464d-9f48-0ae1fbd067ff