PLANT FACT SHEET

Sideritis libanotica subsp. microchlamys (Hand.-Mazz.) Hub.-Mor.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used to make a tea.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean plant.

NOTES

It has essential oils.

REFERENCES

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

PROVIDED BY **Food Plants International**

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/4978ce68-ee7b-46b8-9fcf-5df542e6958f