PLANT FACT SHEET

Sideritis stricta Benth.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). Economic Botany 58(4) pp. 684-690 (NB different authority)

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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/512936e3-9ef8-4aa3-95a8-90666fa57041