PLANT FACT SHEET

# *Equisetum palustre* L.

**GENUS** *Equisetum* **FAMILY** Equisetaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves - tea

The leaves are dried and used for tea.

## DESCRIPTION

A herb.

## HABITAT

It is a temperate plant. It grows in damp or marshy ground.

## REFERENCES


Pieroni, A. & Soukand, R., 2018, Forest as Stronghold of Local Ecological Practice: Currently Used Wild Food Plants in Polesia, Northern Ukraine. Economic Botany, XX(X) pp. 1-21

Urgamal, M., et al, 2014, Conspectus of the Vascular Plants of Mongolia. Mongolia Academy of Sciences Institute of Botany and National University of Mongolia Department of Biology. p 30



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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/51c22da1-a328-4f24-ac3c-7f52c3fd5558