PLANT FACT SHEET

Ajuga chamaepitys subsp. chia (Schreb.) Arcangeli

GENUS *Ajuga* **FAMILY** Lamiaceae

COMMON NAMES Ground pine, Yellow bugle

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

A herb or low shrub.

HABITAT

It is a Mediterranean climate plant. It also grows in the desert.

REFERENCES

Orhan, I., et al., 2009, Antiviral activity and cytotoxicity of the lipophilic extracts of various edible plants and their fatty acids. Food Chemistry 115: 701-705

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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/56cdb34f-3ad9-48db-a8f9-4391f1ae48ee