PLANT FACT SHEET

Helichrysum arenarium (L.) Moench

GENUS *Helichrysum* **FAMILY** Asteraceae

COMMON NAMES Everlasting flower

EDIBLE PARTS AND USES

Edible parts: Flowers - colour tea, Leaves - tea

The yellow flowers are dried and added to herbal tea for colour.
The leaves are dried for tea.

DESCRIPTION

A herb. It keeps growing from year to year. The rhizome is woody. It grows 10-60 cm tall. It forms clusters. There can be a few or many flowering stems.

HABITAT

It is a temperate plant. In western China it grows on grassy slopes between 400-2,400 m above sea level.

NOTES

There are about 500 Helichrysum species.

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