PLANT FACT SHEET

Ziziphora aragonensis Pau

GENUS *Ziziphora* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The flowering aerial parts are used to make a herbal tea.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/600c1b29-c7c0-4503-a3f9-9c8622146e76