PLANT FACT SHEET

Teucrium pyrenaicum L.

GENUS *Teucrium* **FAMILY** Lamiaceae

COMMON NAMES Pyrenean germander

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The flowering aerial parts and used for a herbal tea.

DESCRIPTION

A low growing herb with a woody base. It can grows 1-3 m tall. It spreads by trailing stems. The leaves are small and have teeth. The flowers are in rings and occur in clusters on flowering stems. They are cream.

HABITAT

It is a Mediterranean climate plant. It tends to grow in limestone soil.

REFERENCES

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

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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/6311c6fb-337c-4ad6-8661-6713f449e2e2