PLANT FACT SHEET

Clinopodium serpyllifolium subsp. fruticosum (L.) Brauchler

GENUS *Clinopodium* **FAMILY** Lamiaceae

COMMON NAMES White micromeria, White-leaved Savory

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Spice

The leaves are used for herbal tea.
The leaves are used for flavouring. A popular bread dip is made with the leaves mixed with olive oil and salt.
The leaves are cooked as a vegetable in pastry.
Caution: It contains pulegone and should not be eaten by pregnant women or those trying to conceive.

DESCRIPTION

A small evergreen shrub. The stems are thin. It grows 40-70 cm high. The leaves are grey-green. The flowers are white or pale pink.

HABITAT

It is a Mediterranean climate plant. It can grow quite well in poor soils and rocky areas. It grows in rocky areas along the Mediterranean coast.

NOTES

There are about 100 Micromeria species.

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