PLANT FACT SHEET

Phlomis armeniaca Willd.

GENUS *Phlomis* **FAMILY** Lamiaceae

COMMON NAMES Silvanok, Armenian lampwick, Silvanoki

EDIBLE PARTS AND USES

Edible parts: Flowers, Flowers - tea, Shoots

The yellow flower petals can be eaten raw or cooked and eaten.
They are also used for tea.
The leaves are cooked as a vegetable.

DESCRIPTION

A herb or small shrub. The leaves are long and narrow. The flowers are in a ring in the axils of the leaves. The flowers are yellow.

HABITAT

It is a temperate plant.

NOTES

Medicine.

REFERENCES

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Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 133

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/70d52ce9-4406-4165-9c41-ae675aa92c01