PLANT FACT SHEET

Teucrium fruticans L.

GENUS *Teucrium* **FAMILY** Lamiaceae

COMMON NAMES Tree germander

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten boiled and seasoned with oil.

DESCRIPTION

A herb or shrub. It is small and hardy. It grows 50-100 cm tall. The stems are grey. The leaves are grey-green. The flowers are pale blue.

HABITAT

It is a Mediterranean plant. Melbourne Botanical garden.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/75eee975-ea33-4c14-8237-208302ae0301