PLANT FACT SHEET

Antennaria dioica (L.) Gaertn.

GENUS *Antennaria* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers

The aerial parts are used in drinks.
The flowers are used for tea drinks.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 3-10 cm tall. It has stolons or runners 2-5 cm long. The leaves at the base are spoon shaped and 3-18 mm long by 3-6 mm wide. They have a grey coating underneath. The leaves on the stem are narrow and 7-13 mm long.

HABITAT

It is a temperate plant. It grows on dry slopes on tundra, meadows and pine forests between 600-2,700 m above sea level. It suits hardiness zones 5-9.

NOTES

There are about 45 Antennaria species. They are temperate plants.
It is used as a medicine.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7b706fc9-6e92-4fc3-bfb6-26b211e23f59