PLANT FACT SHEET

Satureja obovata Lag.

GENUS *Satureja* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Flowers - flavouring, Leaves - flavouring

The flowering aerial parts are used for a herbal tea.
They are also used for flavouring olives.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7b793964-efd3-4ce2-be6f-9dd0f11d864f