PLANT FACT SHEET

Quercus resinosa Liebm.

GENUS *Quercus* **FAMILY** Fagaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Leaves

The tepehuanos in Mexico flavour tesguino an ancient fermented corn drink with oak leaves.

DESCRIPTION

A tree.

HABITAT

It is a temperate plant.

NOTES

The drink from the leaves has antioxidant properties.

REFERENCES

Rocha-Guzman, N, E., et al, 2009, Antioxidant activity and genotoxic effect on HeLa cells of phenolic compounds from infusions of Guercus resinosa leaves. Food Chemistry 115: 1320-1325

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8174a9d0-aafe-403f-b95c-62c85e87bdf5