PLANT FACT SHEET

Teucrium chamaedrys subsp. sinuatum (Celak.) Rech.f.

GENUS *Teucrium* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Leaves - spice

The flowers are used for a herbal tea.
The leaves are used as a spice.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

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Nadiroglu, M. & Behcet, L., 2018, Traditional food uses of wild plants among the Karlıova (Bingöl-Turkey). International Journal of Nature and Life Sciences (IJNLS). Vol. 2(2) p 63

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/836f8896-d9f6-4828-9fc5-0645b87fa479