PLANT FACT SHEET

Sideritis fruticulosa Pourr.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The flowering aerial parts are used for a herbal tea.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8b770a91-ec00-4648-b289-5ec1f07afdb0