PLANT FACT SHEET

Hypericum maculatum Crantz

GENUS *Hypericum* **FAMILY** Hypericaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - spice, Leaves - tea

The leaves are dried and used for tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

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Pruse, B., et al, 2021, Active Wild Food Practices among Culturally Diverse Groups in the 21st Century across Latgale, Latvia. Biology 2021, 10, 551.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/91b1b8f8-ad8a-4b31-946c-c1cf277ca6d4