PLANT FACT SHEET

# *Sideritis perfoliata* L.

**GENUS** *Sideritis* **FAMILY** Lamiaceae

## EDIBLE PARTS AND USES

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

The leaves are brewed into tea drinks.

## DESCRIPTION

A herb.

## HABITAT

It is a Mediterraean plant.

## REFERENCES


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Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

Tanaydin, G., et al, 2022, An Ethnobotanical Research on Plants Used for Food Purposes in Bigadiç (Balıkesir-Turkey). Turkish Journal of Nature and Science Vol. 11 (4): 142-147



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