PLANT FACT SHEET

Teucrium capitatum L.

GENUS *Teucrium* **FAMILY** Lamiaceae

COMMON NAMES Cat-thyme germander

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Flowers - flavouring

The flowering aerial parts are used to make a herbal tea and also as seasoning for olives and soups.

DESCRIPTION

A herb. The leaves are opposite and have teeth along the edge. The flowers are white.

HABITAT

It is a Mediterranean climate plant. It can grow in deserts.

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/9bfdfb91-449c-456c-9b76-4547ff2fee66