PLANT FACT SHEET

Lamium flexuosum Ten.

GENUS *Lamium* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flower - nectar, Flowers

The nectar is sucked from the flowers.
The flowers are used to make jam.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a99384b9-8443-49eb-bf72-ce5fe6700983