PLANT FACT SHEET

Micromeria douglasii (Benth.) Briq.

GENUS *Micromeria* **FAMILY** Lamiaceae

COMMON NAMES Yerba buena, Oregon tea

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used fresh or dried to make a tea drink.

DESCRIPTION

A tender creeping herb. It grows from year to year from a woody rhizome. It has some upright stems. The stems can be 60 cm long. The leaves are in pairs along the stem. They are thick and shiny. They are egg shaped with blunt points and slight teeth. They are 3 cm long. They have small teeth. The leaves have an odour when crushed. The flowers are in small groups at the nodes along the stems. The flowers are small and white. They are tube shaped. They are 15 mm long. The fruit are 4 shiny brown nutlets.

HABITAT

It is a temperate plant. It grows in dry woods and open fields. It grows in the understorey of dry forest. At ECHO. It grows in hardiness zone 7-8.

PRODUCTION

Cultivation

It is grown from stem or root cuttings. It is easily grown vegetatively.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ab8213ca-c0c1-4123-8b42-b0beb0e44273