PLANT FACT SHEET

Zataria multiflora Boiss.

GENUS *Zataria* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

DESCRIPTION

A shrub. It grows 60-80 cm tall. The lower branches do not have leaves but higher branches when young have a white coating and the leaves are 5-10 mm long and wide. They are oval to round.

HABITAT

It is a temperate plant.

NOTES

Medicine, It has ant-microbial and antioxidative properties.

REFERENCES

Ebrahimzadeh, H. et al, 2003, Chemical composition of the essential oil and supercritical CO2 extracts of Zataria multiflora Boiss. Food Chemistry 83: 357-361

Sabbah, A., et al, 2024, Women's Knowledge of Local Plants and Their Gastronomic Heritage in Chitral, NW Pakistan. Plants 2024, 13, 2747

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b03cc79e-591a-4182-93be-542ba6b4a4c1