PLANT FACT SHEET

Teucrium polium L.

GENUS *Teucrium* **FAMILY** Lamiaceae

COMMON NAMES Germander

EDIBLE PARTS AND USES

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

The leaves are mixed with boiled water and sugar to make a drink.
The leaves and flowers are also used as a spice. They are cooked and eaten with rice.
The leaves are used in cheese making.

DESCRIPTION

A woolly looking herb. It grows 20-40 cm high. The stems branch at the base. The leaves are whitish-green and hairy. They have a wavy edge. The flowers are white with a tinge of yellow in the middle of the bottom lip.

HABITAT

It is a Mediterranean climate plant. It grows in the Sahara.

NOTES

The leaves are used in medicine. The dried leaves are boiled and used as tea.

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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