PLANT FACT SHEET

Spiraea media F. Schmidt

GENUS *Spiraea* **FAMILY** Rosaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

A shrub. It grows 2 m tall. The young branches are reddish-brown. The leaves are narrowly oval and 1-2.5 cm long by 0.5-1.5 cm wide.

HABITAT

It is a temperate plant.

REFERENCES

https://en.wikipedia.org/wiki/List of wild edible plants in Mongolian cuisine

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/b5995627-b0cc-4478-b4ac-8f725dc4f7dd