PLANT FACT SHEET

Nepeta italica L.

GENUS *Nepeta* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for tea and as a spice.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Dogan, A. & Tuzlaci, E., 2015, Wild Edible Plants of Pertek (Tunceli-Turkey). Marmara Pharmaceutical Journal 19: 126-135

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Everest, A. & Ozturk, E., 2005, Focusing on the ethnobotanical uses of plants in Mersin and Adana provinces (Turkey). Journal of Ethnobiology and Ethnomedicine 1:6

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b7125601-bd5a-42fc-a307-9398c09a9780