PLANT FACT SHEET

Jasonia tuberosa (L.) DC.

GENUS *Jasonia* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The flowers are used as a herbal tea.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Aceituno-Mata, L., et al, 2021, The Persistence of Flavor: Past and Present Use of Wild Food Plants in Sierra Norte de Madrid, Spain. Front. Sustain. Food Syst., 11 January 2021

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b7ea0e56-164f-47e7-975d-debae5651370