PLANT FACT SHEET

Verbena stricta Vent.

GENUS *Verbena* **FAMILY** Verbenaceae

COMMON NAMES Hoary verbena

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used to make a hot, tea like drink.

DESCRIPTION

A herb. It grows 20-120 cm tall. It has pale coloured hairs. The leaves are oval and 3-10 cm long by 2-5 cm wide. There are teeth along the edge.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 590

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b84a5df4-47a5-41a2-bc6d-bb896123da1b