PLANT FACT SHEET

Sideritis condensata Boiss. & Held.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for tea.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean plant.

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Kargioglu, M. et al, 2010, Traditional Uses of Wild Plants in the Middle Aegean Region. Human Ecology 38:429-450

Kocak, S. & Ozhatay, N., 2013, Wild Edible Plants in Karaman (Southern Turkey), J. Fac. Pharm. Istanbul. 43(1) s 21-32

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bcd08e46-ccd1-4d9f-a9f5-b42fe72c85b4