PLANT FACT SHEET

Phlomis bruguieri Desf.

GENUS *Phlomis* **FAMILY** Lamiaceae

COMMON NAMES Crystal lampwick

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are used for herbal tea for health benefits.

DESCRIPTION

A herb. It grows about 1 m tall.

HABITAT

It is a temperate plant.

NOTES

It probably has health benefits against breast cancer.

REFERENCES

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

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/c402c64a-991d-41f6-b388-28febbf6ce48