PLANT FACT SHEET

Sideritis libanotica Labill.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are brewed into tea drinks.

DESCRIPTION

A small shrub. It keeps growing from year to year.

HABITAT

It is temperate plant.

NOTES

It has antioxidant activity.

REFERENCES

Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). Economic Botany 58(4) pp. 684-690

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

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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/c8500e87-d1f4-463c-8747-92896fe153ca