PLANT FACT SHEET

Sideritis syriaca L.

GENUS *Sideritis* **FAMILY** Lamiaceae

COMMON NAMES Mountain tea, Tsai, Tsailopita

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves and flowering tops are brewed into tea.

DESCRIPTION

A herb with woolly leaves. It keeps growing from year to year. It grows 50 cm high. The leaves are oval or long and narrow. They can have teeth. The flowers are yellow with brown stripes on the inside. They grow in spikes at the top of the plant.

HABITAT

It is a temperate or Mediterranean climate plant. It suits plant hardiness zone 8.

PRODUCTION

Cultivation

It can be grown by seed, cuttings or division.

NOTES

There are about 100 Sideritis species. The grow near the Mediterranean. Several species are dried and used for herbal teas.

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