PLANT FACT SHEET

Ziziphora clinopodioides Lam.

GENUS *Ziziphora* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - spice, Flowers, Stems

It is used as a spice in dairy drinks and yoghurt. Also in soups, meat dished and cheese.
The leaves are also used for tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

It is used as medicine.

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