PLANT FACT SHEET

Sideritis montana L.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The young shoots are used to make tea drinks.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

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Mahklouf, M. H., 2019, Ethnobotanical Study of Edible Wild Plants in Libya. European Journal of Ecology. 5(2): 30-40

Polat, R., et al, 2015, Survey of wild food plants for human consumption in Elazig (Turkey). Indian Journal of Traditional Knowledge. Vol. 1(1): 69-75

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cc84a390-d43a-41fa-b838-d9e07e26e0d4