PLANT FACT SHEET

# *Spiraea betulifolia* Pallas

**GENUS** *Spiraea* **FAMILY** Rosaceae

**COMMON NAMES** White spirea

## EDIBLE PARTS AND USES

**Edible parts:** Leaves - tea

The leaves are used to make a tea.

## DESCRIPTION

A shrub.

## HABITAT

It is a temperate plant.

## REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 541

**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/d2fe8cd7-c948-48eb-bb6a-9a8a9510a329