PLANT FACT SHEET

Clinopodium menthifolium subsp. methifolium

Bromf.

GENUS *Clinopodium* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

A herb.

HABITAT

It is a warm temperate plant.

REFERENCES

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE) p 222 (As Calamintha sylvatica)

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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/d5454576-b196-44b8-928e-b0468299cf4b