PLANT FACT SHEET

Micromeria juliana (L.) Benth. ex Rchb.

GENUS *Micromeria* **FAMILY** Lamiaceae

COMMON NAMES Savory, Pesalem, Ussopo

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Flowers

The leaves are used for flavouring and as a substitute for savoury. The flowers are also used.

DESCRIPTION

A shrub. It grows 30 cm tall. It loses its leaves during the year.

HABITAT

It is a Mediterranean climate plant. It suits hardiness zone 7-9.

REFERENCES

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/da21bc69-0ea5-42ec-966f-d3707a383a32