PLANT FACT SHEET

Satureja calamintha subsp. ascendens (L.) Scheele, (Jord.) Briq.

GENUS *Satureja* **FAMILY** Lamiaceae

COMMON NAMES Polio, Poniol

EDIBLE PARTS AND USES

Edible parts: Leaves

It is used to flavour drinks.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Rigat, M et al, 2009, Ethnobotany of Food Plants in the High River Ter Valley (Pyrenees, catalonia, Iberian Peninsula): Non-Crop Food Vascular Plants and Crop Food Plants with medicinal Properties. Ecology of Food and Nutrition, 48:303-327

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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/dc3587c9-cb86-4679-b01a-56ffec205dd0