PLANT FACT SHEET

Sideritis arguta Boiss. & Heldr.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are brewed into tea drinks.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

It contains antioxidants.

REFERENCES

Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). Economic Botany 58(4) pp. 684-690

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

Kocak, S. & Ozhatay, N., 2013, Wild Edible Plants in Karaman (Southern Turkey), J. Fac. Pharm. Istanbul. 43(1) s 21-32

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dc8a79f4-b0ea-41c0-a076-5bd97ff914d0