PLANT FACT SHEET

Verbena bracteata Lag. & Rodr.

GENUS *Verbena* **FAMILY** Verbenaceae

COMMON NAMES Bracted verbena

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Flowers

The flowers and leaves are used as a tea substitute.

DESCRIPTION

A branched plant that lies along the ground. It is 10-60 cm long. The leaves are 2-5 cm long. They are deeply divided into segments. There are long sterile bracts under the flowers.

HABITAT

It is a temperate plant. It grows in dry sandy sites. It grows in wasteland near sea level.

REFERENCES

http://www.stoller-eser.com/Flora/ethnobotany_table.htm

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 290

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dcbabc4d-8d7a-46d6-a9f0-14985bb9ffcc