PLANT FACT SHEET

Stachys spectabilis Choisy ex DC.

GENUS *Stachys* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used for tea like drinks.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Dogan, A. & Tuzlaci, E., 2015, Wild Edible Plants of Pertek (Tunceli-Turkey). Marmara Pharmaceutical Journal 19: 126-135

PROVIDED BY **Food Plants International**

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/e65f779c-918b-45f8-810d-3b53bfcd5ce9