PLANT FACT SHEET

Sideritis scardica Griseb.

GENUS *Sideritis* **FAMILY** Lamiaceae

COMMON NAMES Mountain tea, Ironwort

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - tea, Shoots

The flowers are used for a herbal tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. It grows at high altitudes in the Balkans. It grows in rocky mountain areas. It grows between 1,000 - 2,300 m above sea level.

NOTES

It has medicinal uses.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e7366f47-4c62-404c-bce4-be89e80c38ef