PLANT FACT SHEET

Ziziphora clinopodioides subsp. rigida (Boiss.) Rech.f.

GENUS *Ziziphora* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Leaves - spice

The leaves are used as a spice in soup, meat dished, cheese and for tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Nanagulyan, S., et al, 2020, Wild plants and fungi sold in the markets of Yerevan (Armenia). Journal of Ethnobiology and Ethnomedicine 16:26

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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/e9d5b6cb-28c9-445a-b8e3-c4c50407ac7b