PLANT FACT SHEET

Trichostema lanceolatum Benth.

GENUS *Trichostema* **FAMILY** Lamiaceae

COMMON NAMES Vinegar weed

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used to make a drink.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 566

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/f0d6b45f-191c-4ac0-9e7b-c05c05560d55