PLANT FACT SHEET

Sideritis congesta P. H. Davis & Hub.-Mor.

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are brewed into tea drinks.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

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Kocak, S. & Ozhatay, N., 2013, Wild Edible Plants in Karaman (Southern Turkey), J. Fac. Pharm. Istanbul. 43(1) s 21-32

Ozcan, M., 2004, Mineral contents of some plants used as condiments in Turkey. Food Chemistry 84:437-440

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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/f37acad0-676d-450a-b3ba-8a037c461fcc