PLANT FACT SHEET

Paronychia argentea Lam.

GENUS *Paronychia* **FAMILY** Caryophyllaceae

COMMON NAMES Algerian tea, Silver nailroot, The Arabe

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Leaves

An infusion of the flowers is used as a tea.
The leaves are cooked or eaten raw. They are also used for tea.

DESCRIPTION

A herb. It grows 30 cm tall. The leaves are opposite and narrowly oval.

HABITAT

It is a Mediterranean climate plant. It grows in the Sahara.

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