

Country Garden Greenhouse

Greek Mountain Tea -*Sideritis syriaca*



(Ironwort) Traditional tea consumed throughout Greece to treat the common cold. *Sideritis* species have proven anti-inflammatory properties; research into anti-arthritic and antimicrobial uses is ongoing. In the wild, plants thrive on sunny, rocky, dry hillsides growing to 50cm/20" with attractive grey-woolly leaves. Z8-10