

Helichrysum Stoechas

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It is a perennial plant belonging to the Asteraceae family, which reaches about 40 cm in height.

Has a gray foliage and yellow everlasting flower that blossom in spring and summer.

More info: http://www.amu.bio/_helichrysum_stoechas

Cultivation

Resistant to cold and direct sunlight, does not require irrigation.

This plant develops on soils with acidic, neutral, alkaline pH and well drained.

It is often found on uncultivated land and on roadside.

History

It is distributed throughout southern and western Europe and northern Morocco.

Utilization

This plant is used, after dry, in floral arrangements.

As for medicinal uses, it has anti-inflammatory, antifungal and antioxidant properties.

Is used to treat respiratory problems such as allergies, flu, bronchitis, sinusitis, etc.

It can be used in cooking, in meat dishes, soups, rice and as a condiment.