

Labrador Tea



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Ledum groenlandicum

PNW Native Plant

Make sure you ID this plant correctly
as there are other bog plants that
look similar and are toxic.

TEA TIME

Cultural Uses

The leaves are used for tea and medicine. The leaves can be dried or used fresh for making tea, and has a very aromatic scent. It is important to drink in moderation as excessive does have been known to act as a diuretic or a cathartic, or cause intestinal disturbances.

General

Evergreen shrub with many branches, twigs have dense rusty hairs and a spicy fragrance. Leaves are alternate, narrow and often dropping, have rusty hairs on the bottom of the leaves. Flowers are white with protruding stamens, in short umbrella like clusters.

MOSTLY SUNNY

VERY WET SOILS

ECOLOGY

Peatlands and bogs, usually an indicator of wet, very acidic and nutrient poor soils. At low to middle elevations.