

# Labrador Tea



©T. Neuffer

*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 or wet, very acidic and nutrient poor soils. At low to middle elevations.

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