PLANT FACT SHEET

Rubia peregrina L.

GENUS *Rubia* **FAMILY** Rubiaceae

COMMON NAMES Wild madder

EDIBLE PARTS AND USES

Edible parts: Fruit, Root - seasoning

The fruit are eaten fresh and also made into jam.
The roots are dried and used as a spice.
The roots are also peeled and cut and crushed and cooked in recipes.

DESCRIPTION

A climber. The stems is woody and square. They are 50-250 cm long. The leaves are shiny and do not have stalks. They are oval to sword shaped and there are teeth along the edge. The leaves are in rings with up to 5 leaves in a group. The flowers are small and with pale green to yellow petals. The fruit are fleshy and green and turn black when ripe. They are 5 mm across.

HABITAT

It is a Mediterranean climate plant. It grows from sea level to 1,000 m above sea level. It grows in dry soil and in hedges.

NOTES

It is used as a vegetable red dye.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 25

Ghanimi, R., et al, 2022, Ethnobotanical study on wild edible plants traditionally used by Messiwa people, Morocco. Journal of Ethnobiology and Ethnomedicine. 18:16

http://www.botanic-gardens-ljubljana.com/en/plants

Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/12878b8c-e9b4-4406-b501-6144c5d31fc0