PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Ruta montana (L.) L.

GENUS *Ruta* **FAMILY** Rutaceae

COMMON NAMES Mountain rue, Fringed rue

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds

DESCRIPTION

A shrub. It grows 30 cm tall. The leaves are twice divided and have narrow leaflets on either side of the stem. The flowers are yellow. The flowers are 9-15 mm wide. The fruit is a 4 pointed capsule.

HABITAT

It is a Mediterranean plant.

NOTES

Medicine,

REFERENCES

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/12d48b64-c564-4853-bdd8-0b2c88aabccb