PLANT FACT SHEET

Ruscus hypoglossum L.

GENUS *Ruscus* **FAMILY** Asparagaceae

EDIBLE PARTS AND USES

Edible parts: Buds, Shoots, Fruit

The young fattened buds or shoots are boiled and seasoned with oil and lemon. They can be cooked in scrambled eggs.
The fruit are eaten fresh.

DESCRIPTION

A shrub.

HABITAT

It is a temperate plant. Brisbane Botanical Gardens.

NOTES

Also put in the family Ruscaceae.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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

Kizilarslan, C. & Ozhatay, N., 2012, An ethnobotanical study of the useful and edible plants of İzmit. Marmara Pharmaceutical Journal 16: 134-140, 2012.

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

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2f42de53-1af4-479e-94eb-db06284eef0a