PLANT FACT SHEET

Ruscus hypophyllum L.

GENUS *Ruscus* **FAMILY** Asparagaceae

COMMON NAMES Thick-leaf Butchers broom

EDIBLE PARTS AND USES

Edible parts: Shoots, Buds, Fruit

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

DESCRIPTION

An erect shrub. It grows 45-55 cm tall. It has a simple stem which is finely ribbed. The flattened green leaf like stems are 25-35 cm long and 5-6 cm wide. The lower ones are opposite and higher ones are in rings. They are narrowly oval and taper to the base. The flowers are white or pale blue. The fruit are 8-10 mm across. They are red and have 2 seeds.

HABITAT

It is a Mediterranean climate plant. It is resistant to drought.

NOTES

Also put in the family Ruscaceae.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine (2016) 12:4

Bussman, R. W. et al, 2017, Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus. Indian Journal of Traditional Knowledge Vol. 16(1) pp 7-24

Bussman, R. W., et al, 2021, Unity in diversity–food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 6

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/36b55523-58da-4ffe-bb2c-6752199371e5