PLANT FACT SHEET

Reseda alba L.

GENUS *Reseda* **FAMILY** Resedaceae

COMMON NAMES White mignonette

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots - spice

The young leaves are eaten as a green vegetable. They are bitter.
The roots are dried and eaten as a spice.

DESCRIPTION

A herb. It is an erect annual plant. It can keep growing for a few years. It grows 30-90 cm tall. The flowers are white and in a spike. They have a scent.

HABITAT

It is a Mediterranean climate plant. It can grow in arid places.

REFERENCES

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Flora of China @ efloras.org Volume 8

Nebel, S., Pieroni, A. & Heinrich, M., 2006, Ta cho`rta: Wild edible greens used in the Graecanic area in Calabria, Southern Italy. Appetite 47 (2006) 333–342

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

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 6th June 2011]

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/4ea1b485-05c9-4e93-9da2-73b0d792d0ce