PLANT FACT SHEET

Cruciata glabra (L.) Opiz

GENUS *Cruciata* **FAMILY** Rubiaceae

COMMON NAMES Slender crosswort

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The flowering aerial parts are used for a herbal tea.

DESCRIPTION

A herb. It has underground runners. The stems are 5-35 cm long and they can be upright or lie down. The leaves do not have stalks. They are oblong and 1-2 cm long by 1 cm wide. The flowers are in loose groups in the axils of the leaves. The fruit are 2.5 mm across and pear shaped/

HABITAT

It is a Mediterranean climate plant. It grows in humid shady areas between 500-2,400 m above sea level.

REFERENCES

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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/539a2cf8-1503-4282-a7fa-74dfa1d250e4