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.

Rubia tinctorum L.

GENUS *Rubia* **FAMILY** Rubiaceae

COMMON NAMES Rose madder, Common madder

EDIBLE PARTS AND USES

Edible parts: Roots - food colouring

Caution: The root can cause birth defects and miscarriages.

DESCRIPTION

A climbing herb. It grows 1.5 m tall. The roots can be 1 m long and 12 mm thick. They have a red dye. It climbs with small hooks at the leaves and stems. The leaves are 5-10 cm long and 2-3 cm wide. They are in a star like ring around the central stem. The flowers are small and 3-5 cm across. They have 5 pale yellow petals.

HABITAT

It is a temperate plant.

REFERENCES

Pieroni, A., et al, 2018, Celebrating Multi-Religious Co-Existence in Central Kurdistan: the Bio-Culturally Diverse Traditional Gathering of Wild Vegetables among Yazidis, Assyrians, and Muslim Kurds. Human Ecology 46:217–227

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/59d0d8d7-d90f-4221-a4ff-eb927fcf5e4b