PLANT FACT SHEET

Ruta angustifolia Pers.

GENUS *Ruta* **FAMILY** Rutaceae

COMMON NAMES Narrow-leaved fringed rue

EDIBLE PARTS AND USES

Edible parts: Fruits - tea

The fruited aerial parts are used for a herbal tea.
The stems and leaves are used to make a liqueur.

DESCRIPTION

A shrub. It grows 25-55 cm tall. The leaflets are narrow and oblong. They are 3.5 mm wide.

HABITAT

It is a Mediterranean climate plant.

NOTES

Medicine,

REFERENCES

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6cc6f6d4-a5e4-481e-bc92-2881744d5cf8