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.

Commiphora myrrha (Nees) Engl.

GENUS *Commiphora* **FAMILY** Burseraceae

COMMON NAMES Myrrh

EDIBLE PARTS AND USES

Edible parts: Gum - flavouring

The gum or resin is used to flavour soft drinks, soups, baked goods, puddings, candy and chewing gum. It is used in Swedish bitters - a tonic drink.

DESCRIPTION

A spiny tree that loses its leaves. It grows 5 m high and spreads 1.5 m wide. The leaves have 3 leaflets. They are oblong to oval. The end leaflet is about 1 cm long. The flowers are yellow-red and have 4 petals. The fruit are narrowly oval and 7 mm long.

HABITAT

A Mediterranean plant. It needs a temperature above 10-15°C. It grows best in bare, hot, dry soils. It needs an open sunny position. It is resistant to drought and frost.

PRODUCTION

Cultivation

Plants can be grown by seeds or cuttings.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6d5b17fe-1ec2-458c-bd8a-20df986dfc88