PLANT FACT SHEET

Cistus ladanifer L.

GENUS *Cistus* **FAMILY** Cistaceae

COMMON NAMES Common Gum Cistus, Spanish manna

EDIBLE PARTS AND USES

Edible parts: Gum, Manna, Seeds, Flowers, Sap

The gum is eaten.
It is also used to flavour baked goods, soft drinks, ice cream and candy.
The seeds are ground into flour and used for bread or cakes.
It also yields a sweet manna.
The flowers are chewed.

DESCRIPTION

A shrub. It grows 1.5-1.8 m high and spreads 1.2-1.5 m wide. The leaves are narrow and green. They are slightly sticky and have a smell. The leaves are narrow and sword shaped and 40-80 mm long. They are deep green above and have 3 veins in the lower half. They are paler and have white hairs underneath. The flowers are large and white. They are 70-100 mm across. They often have chocolate coloured blotches around a yellow centre. It has been used to breed other varieties. The fruit has 10 valves.

HABITAT

It is a warm temperate plant. It can withstand light frosts. It grows on dry hillsides. It suits hardiness zones 8-10. Adelaide Botanical Gardens.

PRODUCTION

Cultivation

Plants can be grown from seed or from cuttings.

NOTES

There are about 20 Cistus species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bc59f6f2-ba82-45d8-9644-4e10968a103a