PLANT FACT SHEET

Myrica gale L.

GENUS *Myrica* **FAMILY** Myricaceae

COMMON NAMES Sweet gale, Bog Myrtle, Scotch gale

EDIBLE PARTS AND USES

Edible parts: Fruit, Spice, Leaves

The leaves are used as a pot herb. They are bitter tasting. They can be used to flavour soups, stews and meats. They have also been used to flavour beer and increase foaming.
The dried fruit are used to make tea.
Caution: The plant should not be used by pregnant women.

DESCRIPTION

A shrub. It forms thickets, develops suckers and loses its leaves. It grows 1.5 m high and spreads 1.5 m wide. The branches are upright. The leaves are sword shaped and have teeth along the edge. They are 6 cm long. The male flowers are in yellow-brown catkins. They are 1.5 cm long. The fruit are round and yellow-brown. They are 3 mm across.

HABITAT

It is a temperate plant. It grows in bogs and swamps. It can grow in acid soils. In Sikkim it grows up to 1,725 m above sea level. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are about 50 Myrica species.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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