PLANT FACT SHEET

Reseda odorata L.

GENUS *Reseda* **FAMILY** Resedaceae

COMMON NAMES Mignonette

EDIBLE PARTS AND USES

Edible parts: Flowers - flavouring, Vegetable

The flowers are occasionally floated in a bowl of wine or added to ice cream.
Mignonette flavoured salt is used in Turkish cooking with veal and lamb dishes.

DESCRIPTION

An annual herb. It can be erect or lie over. It grows 45 cm high. The leaves are 3-7 cm long by 2-3 cm wide. The lower leaves are entire and sword shaped. The upper leaves have 3 leaflets or lobes. The flowers have a sweet smell. They are yellowish-white. They are in groups up to 50 cm long in the axils of leaves or at the ends of branches. The fruit is an almost round capsule. It hangs down. The seeds are black.

HABITAT

It is a warm temperate or Mediterranean climate plant.

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