PLANT FACT SHEET

Ruta chalepensis L.

GENUS *Ruta* **FAMILY** Rutaceae

COMMON NAMES Mediterranean Aleppo rue

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - flavouring, Leaves - tea

The aerial parts are used to flavour liqueurs. They are also used to flavour milk.
The leaves are used to flavour salads and stews. They are added to lamb and beef sausages. They are also used in omelettes.
The leaves are used for herbal tea.

DESCRIPTION

It is like rue, Ruta graveolens, but is a more green and lax plant. It grows 70 cm tall. The flowers are smaller and the petals are bright yellow. They have a fringe of long hairs. The capsule has pointed lobes.

HABITAT

It is a Mediterranean climate plant. It grows in dry rocky places. In Argentina it grows from sea level to 1,200 m above sea level.

NOTES

There are 8 Ruta species. It is used in medicine.

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