



Common names

Rue,

Scientific name

Ruta graveolens

Edible portion

Leaves, Herb, Spice, Leaves - tea, Seeds,

Description

A small shrub. It keeps growing from year to year. It grows 60-90 cm high and 60-75 cm wide. The branches are woody. The stems and leaves are waxy. The leaves are blue-green. They are finely divided and the leaflets are rounded. They have wavy edges. They have a strong aroma. The flowers are greenish-yellow. There are 4-5 petals with hairy edges. The fruit are capsules with 4 lobes and glands dotted over them.

Distribution

A temperate plant. It is frost hardy. It suits hardiness zones 5-9. In Hobart Botanical gardens.

Found in:

Africa, Albania*, Algeria, Andorra, Asia, Australia, Austria, Balkans, Belgium, Bulgaria*, Britain, Canada, Canary Is., Central America, China, Czech Republic, Cuba, East Africa, Ecuador, Ethiopia, Europe, France, Germany, Greece, Guatemala, Hawaii, Hungary, India, Indonesia, Italy, Lithuania, Macedonia, Malaysia, Mediterranean, Mexico, Myanmar, Netherlands, North Africa, North America, Norway, Pacific, Paraguay, Romania, Scandinavia, SE Asia, Serbia, Singapore, Slovenia, South Africa, Southern Africa, South America, Spain, Switzerland, Tasmania, Turkey, Türkiye, Ukraine, USA, Venezuela, Vietnam, West Indies, West Timor, Yugoslavia,

Use

The leaves are bitter and pungent and used as a potherb.

They are minced and used to flavour foods and pickled.

It is used to flavour sausage meat and stuffings.

They are brewed into tea. The seeds are used in the preparation of palm wine. They are used in spices.

It is used in some drinks. It is used to flavour Italian brandy.

CAUTION: It is poisonous in large doses. It can cause skin irritation in sensitive people.

Cultivation

Rue can be grown from seed or by cuttings.

Rutaceae



Please Note: Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 Licence - this means you can share it freely, as is and with acknowledgement.



Production

Nutritional Values

Ruta graveolens

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
--------------------	------------------------------	-------------------	------------------	--------------------	------------------	--------------------	-----------------	----------------	----------------



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*

