

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET



Rue

Ruta graveolens

A genus of eight species of strong-smelling evergreen or semi-evergreen sub-shrubs from eastern Europe to southwestern Asia.

Ruta graveolens, found in dry Mediterranean regions, is a useful shrub for narrow, sunny borders, and can have attractive foliage all year. *Ruta* may derive from the Greek *rutos*, "shielded", in view of its long history as an antidote. "Herb of grace," the common name, comes from the tradition of sprinkling holy water during Mass with a brush made of rue.

DESCRIPTION

Ruta graveolens is a small evergreen sub-shrub with deeply divided leaves. Mustard yellow flowers up to 1/2in (1cm) across with 4 fringed petals are borne in summer, followed by 4-lobed capsules. The cultivar *Ruta graveolens* 'Jackman's Blue' has blue-grey leaves.



PARTS USED

Leaves

PROPERTIES

Aromatic foliage that cats dislike. Contains principles such as alkaloids, flavinoids and coumarins. Considered toxic to some humans.

USES OF THE HERB

Culinary

Rue is not recommended for culinary purposes as the flavour is too strong and bitter.

Medicinal

Although it has an extensive history in medicine, Rue is rarely used today except by some herbalists. Excess use affects central nervous system and may prove fatal. Not to be given to pregnant women.

Economic

Has a repellent effect on cats, so plant in areas where cats are a problem. Most effective where cats brush past the plant..

CULTIVATION

Well-drained soil in sun. Propagate by seed sown in spring to autumn or by semi-ripe cuttings in summer. Cut back hard in spring.

HARVEST

Warning! Serious skin irritant in sunlight, can cause severe blistering.



Height 60cm/24in Spread 45cm/18in



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