

Myrtus

Myrtus Communis



It is a perennial shrub of the Myrtaceae family and can reach 5 meters in height.

It has dark green oval leaves that measure 3 to 5 cm and can be harvested all year round.

Its white or pink flowers have a high number of stamens and can be harvested in April.

Its fruits are dark blue and are ready to harvest in the fall.

More information:

https://www.amu.bio/_myrtus

Cultivation

The Myrtus is propagated by sowing in the winter and by cuttings in June / July.

In cold months it is recommended to place it in a covered place, protected from frost, regarding watering, do not like excess water.

History

Native to Southwestern Europe and North Africa.

In Greek mythology myrtus was devoted to Afrodite and in Roman to Venus.

The Greeks used it to adorn the brides with garlands.

Utilization

Its leaves, flowers and berries can be all used for cooking.

The flowers are used fresh in salads, the leaves are great for seasoning meat and fish dishes.

The berries can be cooked in sauces.

Its leaves contain essential oils with antiseptic properties for the treatment of respiratory problems, its infusion is also indicated for bronchial infections and inflammation of the gums.

It is also widely used as the base ingredient for cosmetics and perfumes.