

Myrtus communis L

All you need to know about this extraordinary plant



by Issam Touhami

In november early december, the beautiful myrtle blue/purple berries are, at this time of the year, mature and therefore very aromatic. In the Mediterranean kitchen, our myrtle finds its place often used in the form of liqueur, flavour to barbecue food–lamb (dried leaves and berries), and jam or marmalade. Ideal for cheese tasting or to spread on a nice slice of bread for breakfast. This jam is very perfumed with a sweet color.



Spizzicapa Salento



by Issam Touhami

Name of the product

The myrtle (Black Berries) **الريحان**

What is the product?

Aromatics and Medicinal Plants. Mediterranean endemic species.

Benefits and virtues

Myrtus communis L. is appreciated for its numerous therapeutic virtues. It is used in dermatology, because it has antiseptic (disinfectant), astringent (it dries tissues and promotes wound healing), hemostatic (it stops bleeding) and softening properties. Myrtle contains various antioxidants and flavonoid compounds, including myricetin, as well as quercetin, catechin, citric and malic acids, linalool, pinene, tannins, and other sugars (Mimica–Dukić et al. 2010).

How is it used?

Myrtle berries are combined with black tea and served as a cold drink. Myrtle berries can be used similarly to Juniper berries or peppercorns, specifically in their dried form.

Famous dishes

Add a Mediterranean flavour to barbecue food – lamb, stews, soup, marinades, poultry casseroles, roast vegetables.

Innovative use

Cookies , fusion, marmalade (jam), liqueur, etc.

Distribution area of *Myrtus communis* around the Mediterranean regions



References

– Mimica–Dukić N, Bugarin D, Grbović S, Mitić–Culafić D, Vuković–Gacić B, Orcić D, Jovin E, Couladis M. Essential oil of *Myrtus communis* L. as a potential antioxidant and antimutagenic agents. *Molecules*. 2010 Apr 15;15(4):2759–70. doi:10.3390/molecules15042759.

Suggested websites

<https://www.spizzicainsalento.com/>

<https://uk.puressentiel.com/blogs/herbarium/myrtle>

Authors

Issam Touhami, Ibtissem Taghouti, Mariem Khalfaoui
National Research Institute of Rural Engineering, Water and Forests – Tunisia

Editors

Ibtissem Taghouti, Mariem khalfaoui and Issam Touhami
National Research Institute of Rural Engineering, Water and Forests – Tunisia
Rue Hédi EL Karray El Menzah IV, 1004 Tunis



This project is part of the PRIMA Programme supported by the European Union.



The PRIMA programme is supported under Horizon 2020 the European Union's Framework Programme for Research and Innovation.

The PRIMA programme is supported under Horizon 2020 the European Union's Framework Programme for Research and Innovation



Forest Science and Technology Centre of Catalonia (CTFC) Coordinator - Spain



Università di Padova - Dipartimento Territorio e Sistemi Agro-forestali (UNIPD) - Italy



Instituto Superior de Agronomia (ISA) - Portugal



Cooperativa de Usuários do Freixo do Meio, CRL (HFM) - Portugal



Promotora d'Exportacions Catalanes (PRODECA) - Spain



National Research Institute of Rural Engineering, Water and Forests (INRGREF) - Tunisia



Slovenian Forestry Institute (SFI) - Slovenia



Agriculture Extension and Training Agency (AVFA) - Tunisia