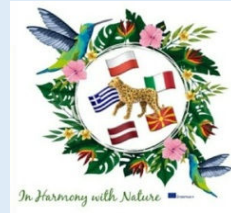




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I.C. Grazia Deledda – Catania (Italy)

# The most common plants and trees in Sicily



## LEMON TREE - LIMONE – (*Citrus limon*)

The **lemon**, *Citrus limon*, is a species of small evergreen tree in the flowering plant family Rutaceae, native to South Asia, primarily North eastern India. Its fruits are round in shape.

The tree's ellipsoid yellow fruit is used for culinary and non-culinary purposes throughout the world, primarily for its juice, which has both culinary and cleaning uses. The pulp and rind are also used in cooking and baking. The juice of the lemon is about 5% to 6% citric acid, with a pH of around 2.2, giving it a sour taste. The distinctive sour taste of lemon juice makes it a key ingredient in drinks and foods such as lemonade and lemon meringue pie.



## ORANGE TREE – ARANCIO – (*Citrus sinensis*)

The orange tree is an evergreen, flowering tree, with an average height of 9 to 10 m (30 to 33 ft), although some very old specimens can reach 15 m (49 ft). Its oval leaves, alternately, arranged, are 4 to 10 cm (1.6 to 3.9 in) long and have crenulate margins. Sweet oranges grow in a range of different sizes, and shapes varying from spherical to oblong. The orange contains a number of distinct carpels (segments) inside, typically about ten, each delimited by a membrane, and containing many juice-filled vesicle and usually a few seeds (*pips*). When unripe, the fruit is green. The **orange** is the fruit of various citrus species in the family Rutacea



## ORANGE BLOSSOM – FIORE D'ARANCIO

The **orange blossom** is the fragrant flower of the *Citrus sinensis* (orange tree). It is used in perfume making. It is traditionally associated with good fortune and has been popular in bridal bouquets and head wreaths for weddings. Orange blossom essence is an important component in the making of perfume. The petals of orange blossom can also be made into the delicately scented orange flower water (as an alternative to rose water), a common part of both French cuisine and Middle Eastern cuisine (most often as an ingredient in desserts and baked goods).



## TANGERINE TREE – MANDARINO – (*Citrus reticula*)

The **tangerine** (*Citrus reticula* L. var., sometimes referred as *Citrus tangerina*) is a group of orange-colored citrus fruit consisting of hybrids of mandarin orange (*Citrus reticulata*). Tangerines are smaller and less rounded than common oranges. The taste is considered less sour, as well as sweeter and stronger, than that of an orange

The name was first used for fruit coming from Tangier, Morocco, described as a mandarin variety





## CAPPER – CAPPERO - (*Capparis spinosa*)

*Capparis spinosa*, the **caper bush**, also called **Flinders rose**, is a perennial plant that bears rounded, fleshy leaves and large white to pinkish-white flowers. The shrubby plant is many-branched, with alternate leaves, thick and shiny, round to ovate. The flowers are complete, sweetly fragrant, and showy, with four sepals and four white to pinkish-white petals, and many long violet-colored stamens, and a single stigma usually rising well above the stamens. The plant is best known for the edible flower buds (**capers**), used as a seasoning, and the fruit (**caper berries**), both of which are usually consumed pickled. Other parts of *Capparis* plants are used in the manufacture of medicines and cosmetics. *Capparis spinosa* is native to almost all the circum-Mediterranean countries and is included in the flora of most of them, but whether it is indigenous to this region is uncertain.



## CAPPER FLOWERS – FIORE DI CAPPERO – (*Capparis spinosa*)

Capper flowers (*Capparis spinosa*). The root bark of this plant is diuretic, depurative and tonic. It is used in the treatments of diarrhoea, gout, rheumatism and skin conditions such as capillary weakness and bruising. The unopened flower buds are used to treat coughs and eye infections. The buds are also harvested before they flower and pickled.



## ***PRICKLY PEARS – FICO D'INDIA – (Opuntia Ficus Indica)***

*Ficus-indica* is a large, trunk-forming, segmented cactus that may grow to 5–7 m (16–23 ft) with a crown of possibly 3 m (10 ft) in diameter and a trunk diameter of 1 m (3 ft 3 in). Cladodes (large pads) are green to blue-green, bearing few spines up to 2.5 cm (1 in) or may be spineless. Prickly pears typically grow with flat, rounded cladodes (also called platyclades) containing large, smooth, fixed spines and small, hairlike prickles called glochids that readily adhere to skin or hair, then detach from the plant. The flowers are typically large, axillary, solitary, bisexual, and epiperigynous. Placentation is parietal, and the fruit is a berry with arillate seeds. Prickly pear species can vary greatly in habit; most are shrubs, but some, such as *Opuntia echinos* of the Galápagos, are trees.





## OLIVE TREE – ULIVO – (*Olea Europea*)

The **olive**, known by the botanical name *Olea europaea*, meaning "European olive", is a species of small tree in the family Oleaceae, found traditionally in the Mediterranean Basin. The species is cultivated in all the countries of the Mediterranean, as well as in South America, South Africa, Australia, New Zealand and the United States. *Olea europaea* is the Type species for the genus *Olea*.

The olive's fruit, also called the olive, is of major agricultural importance in the Mediterranean region as the source of olive oil; it is one of the core ingredients in Mediterranean cuisine. The tree and its fruit give their name to the plant family, which also includes species such as lilacs, jasmine, Forsythia, and the true ash trees (*Fraxinus*).



## CHESTNUT TREE – CASTAGNO – (*Castanea sativa*)

The European chestnuts (*Castanea sativa*), are trees belonging to the Fagaceae family and to the *Castanea* genus. They are the only autochthonous in Europe

Chestnut trees are very long-lived trees. Flowering takes place in June and fructification in September-October, depending on the variety.

Their fruit are achenes, commonly called chestnuts, with a brown colour, glabrous and glossy pericarp of leathery consistency on the outside. The achenes are enclosed, in number of 1-3, inside of a spinous involucre, commonly called curly



## EUCALYPTUS TRE – EUCALIPTO - (*Eucalyptus*)

***Eucalyptus*** is a genus of over seven hundred species of flowering trees, shrubs or mallees in the myrtle family, Myrtaceae. Along with other genera in the tribe Eucalypteae, they are commonly known as **gums** or **eucalypts**. Plants in the genus *Eucalyptus* have bark that is either smooth, fibrous, hard or stringy, leaves with oil glands, and sepals and petals that are fused to form a "cap" over the stamens. The fruit is a woody capsule e commonly referred to as a "gumnut"





## ROSEMARY – ROSMARINO – (*Ros marinus*)

*Salvia rosmarinus*, commonly known as **rosemary**, is a woody, perennial herb with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers, native to the Mediterranean region. –Until 2017, it was known by the scientific name ***Rosmarinus officinalis***, now a synonym.

It is a member of the mint family Lamiaceae , which includes many other herbs. The name "rosemary" derives from Latin *ros marinus* ("dew of the sea"). The plant is also sometimes called **anthos**, from the ancient Greek word ἄνθος, meaning "flower".Rosemary has a fibrous root system

Rosemary is used as a decorative plant in gardens where it may have pest control effects. The leaves are used to flavor various foods, such as stuffing and roast meats.





## OLEANDER – OLEANDRO – (*Nerium Oleander*)

Oleander plants (*Nerium oleander*) are among the most versatile of shrubs, with dozens of uses in southern and coastal landscapes. They tolerate a wide range of conditions, including difficult soil, salt spray, high pH, severe pruning, reflected heat from pavements and walls, and drought. But the one thing they can't withstand is winter temperatures below 20 degrees Fahrenheit (6.66 Ca).

Oleander grows to 2–6 m (6.6–19.7 ft) tall, with erect stems that splay outward as they mature; Leaves are light green and very glossy when young, before maturing to a dull dark green/greenish gray.

The flowers grow in clusters at the end of each branch; they are white, pink to red, 2.5–5 cm in diameter, with a deeply 5-lobed fringed corolla round the central corolla tube. They are often, but not always, sweet-scented.

The fruit is a long narrow pair of follicles 5–23 cm long, which splits open at maturity to release numerous downy seeds.



## GENISTA – GINESTRA – (*Genista Aetnensis*)

*Genista aetnensis* or Mount Etna Broom is a large shrub or small tree of evergreen appearance, with slender, arching green shoots and small, sparse simple or trifoliate and solitary, racemose or clustered leaves. It's endemic to the island of Sicily (Sardinia) where it is a very common constituent of the garigue communities around the lower slopes of Mount Etna. Young plants are typical of brooms but as they age the shrubs develop into small trees with a greenish bark. Flowering is in late summer.

Flowers are bright yellow, fragrant, pea-shaped, very abundant in mid- and late summer.

