PLANT FACT SHEET

Veronica beccabunga L.

GENUS *Veronica* **FAMILY** Plantaginaceae

COMMON NAMES European brooklime, Water pimpernel

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves and shoots are cooked as a vegetable. The young leaves are also used in salads. They are finely chopped and mixed with chives in bread and butter sandwiches. They are used in soup.
The leaves are used in tea mixtures.

DESCRIPTION

A herb. It has creeping hollow stems. It often grows half under water. It can be 30 cm high. The leaves have stalks. The leaves are 3-5 cm long and oval. They are glossy. The flowers are blue. A few flowers occur together in clusters in the axils of leaves.

HABITAT

It is a temperate plant. In Nepal plants grow between 2200-3100 m altitude. They grow in damp places. It suits hardiness zones 5-9.

PRODUCTION

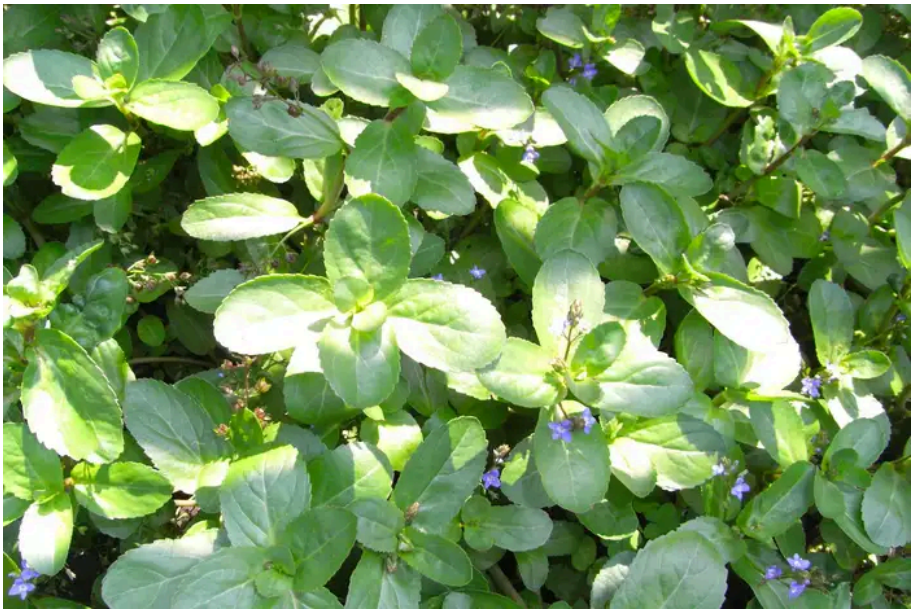
Cultivation

Plants are grown from cuttings which include nodes. They can also be grown from seed.

NOTES

There are about 250 Veronica species.
Also put in the family Scrophulariaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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