PLANT FACT SHEET

Lithospermum officinale L.

GENUS *Lithospermum* **FAMILY** Boraginaceae

COMMON NAMES Gromwell, Bohemian tea, Croatian tea

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Shoots

The leaves are used as a substitute for tea.
The ring of leaves are cooked and eaten.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 80 cm tall. The stems are usually branched. The leaves are 6-7 cm long by 1-2 cm wide. They are broadly sword shaped. The flowers have short stalks and leafy bracts. The fruit are nutlets 3-4 mm long.

HABITAT

It is a temperate plant. It can grow in a range of soils. It is best with moist, well-drained soil. It grows on meadow slopes and the edges of forests in north China. In Argentina it grows at 800 m above sea level. It is hardy to hardiness zone 6.

PRODUCTION

Cultivation

Plants can be grown by seeds. They can also be grown by cuttings and division.

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