PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Euphrasia officinalis L.

GENUS *Euphrasia* **FAMILY** Scrophulariaceae

COMMON NAMES Eyebright

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Flowers

It has been used to spice soup.

DESCRIPTION

An annual herb with an upright stem. It can grow 25 cm tall. The leaves are rounded and have teeth. They are less than 1 cm across. The flowers are small and white. They often have purple veins and a yellow throat. They have a 3 lobed lower lip.

HABITAT

It is a temperate plant. It grows in alpine meadows.

PRODUCTION

Cultivation

Seed are scattered around host plants. Plants can be grown from seeds. It is best grown among grass as it is a semi parasite living on the roots of other plants.

NOTES

There are about 200 - 450 Euphrasia species. They are partly parasitic on other plants. It is used in medicine.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/10e76966-8c2c-43d1-9712-1023ef730ebc