PLANT FACT SHEET

Legousia speculum-veneris (L.) Chaix

GENUS *Legousia* **FAMILY** Campanulaceae

COMMON NAMES Venus' looking glass

EDIBLE PARTS AND USES

Edible parts: Leaves

It is used in salads.

DESCRIPTION

A short annual herb. It is often hairy. The stems usually have many branches. The leaves are oblong and alternate. They mostly do not have stalks. The flowers are violet or purple. They can be blue or white. They are 15-23 mm across and open widely to form a 5 pointed star. They occur in large loose panicles. The fruit capsule is 10-15 mm long.

HABITAT

It is a Mediterranean climate plant. It grows in waste ground and rocky hillsides.

REFERENCES

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 431

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 629 (As Specularia speculum)

http://www.botanic-gardens-ljubljana.com/en/plants

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 271 (As Specularia speculum)

Villars, Hist. pl. Dauphine 1:338. 1786

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/129e683e-7306-4434-ba01-73ad88bdd5d0