PLANT FACT SHEET

Mertensia maritima (L.) S. F. Gray

GENUS *Mertensia* **FAMILY** Boraginaceae

COMMON NAMES Oyster plant, Sea bluebell, Sea bugloss, Sea lungwort

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root, Stalks

The fleshy leaves are eaten raw or cooked. They are often cooked with eggs. They can be added to salads. The underground stems or rhizomes are eaten.

DESCRIPTION

A herb that keeps growing from year to year. It grows along the ground and forms bushy mats. The stems are 10-25 cm long. The leaves are smooth and without hairs. They are thick and fleshy and has a waxy covering. They are bluish-grey and spoon shaped. The flowering stems are branched and lie along the ground and turn up at the tips. The flowers are 6 mm wide and pink but become blue. They are bell shaped. The fruit is a small hard nut.

HABITAT

It is a cold temperate plant. It grows on gravelly and sometimes sandy beaches. It suits hardiness zones 3-7.

PRODUCTION

Cultivation

Seeds can be carried in sea water and germinate amongst seaweed.

NOTES

There are 50 Mertensia species.
It is becoming scarce.

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www.wildediblefood.com

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