PLANT FACT SHEET

Veronica americana Schwein. ex Benth.

GENUS *Veronica* **FAMILY** Plantaginaceae

COMMON NAMES American brooklime

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The young growth tips can be washed and added to salads.
They can also be boiled and eaten as a vegetable. They are used as flavouring for bacon fat or butter.
The leaves are brewed into tea.

DESCRIPTION

A herb. The stems are succulent and creeping. It grows 60-75 cm tall. The leaves are sword shaped and smooth. There are sharp teeth along the edges. The flowers are small and violet or lilac. They are in the axils of leaves.

HABITAT

It is a temperate plant. It often grows along stream banks and swamps and near clear ponds.

NOTES

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

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