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.

# *Lysimachia arvensis* (L.) U.Manns & Anderb.

**GENUS** *Lysimachia* **FAMILY** Primulaceae

**COMMON NAMES** Scarlet pimpernel, Shepherd's weather glass

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Vegetable

The young tender shoots are cooked as a vegetable. They are also used in salads. They are boiled and then fried in oil.
CAUTION: Toxic oils and a toxic glycoside have been isolated from these plants.
Caution: Some people can get skin reactions from touching this plant.

## DESCRIPTION

An annual herb. It grows 20 cm high. The stems branch from the base and can be creeping. It has a square stem. This can be 40 cm long. It has very small scattered hairs. The leaves do not have leaf stalks. They are produced opposite one another. Leaves are 1.5-2.5 cm long by 0.5-1.5 cm wide. They are oval and have a shiny upper surface. The flowers occur singly. They grow in the axils of leaves and they are blue or orange. The flowers close at the approach of bad weather. The fruit is a round capsule.

## HABITAT

It is a temperate plant. In Nepal it grows up to about 2000 m altitude. It is self sown in moist places. It is common on waste land, hillsides and coastal sands in Europe. Tasmania Herbarium.

## PRODUCTION

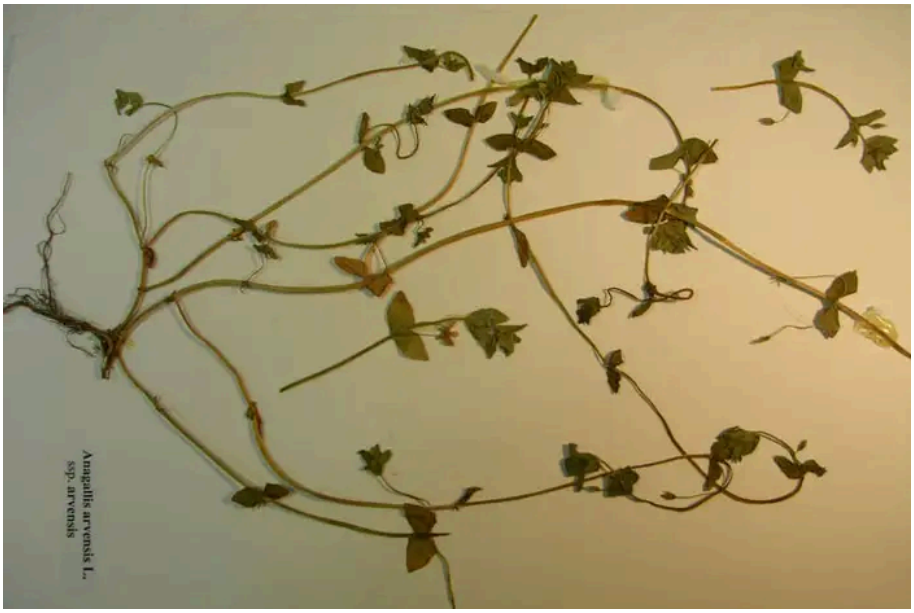
### Cultivation

Plants are grown from seed.

## NOTES

There are 20-28 Anagallis species. This one is used in medicine.

## PICTURES




Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

## REFERENCES


Ajain, M., Ali, T., & Siddiqui, M.F., 2015, A Survey of Ethnobotanically Important Herbaceous Plants of Tehsil Jatoi,District Muzaffar Garh, Punjab, Pakistan. Int. J. Biol. Res., 3(2): 87-92, 2015. (As Anagallis arvensis)

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 38 (As Anagallis arvensis)

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 26 (As Anagallis arvensis)

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 168 (As Anagallis arvensis)

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 78 (As Anagallis arvensis)

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 119 (As Anagallis arvensis)

Curtis, W.M., 1993, The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania, p 467 (As Anagallis arvensis)

Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 112 (As Anagallis arvensis)

Diaz-Betancourt, M., et al, 1999, Weeds as a future source for human consumption. Rev. Biol. Trop. 47(3):329-338 (As Anagallis arvensis)

Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). Economic Botany 58(4) pp. 684-690 (As Anagallis arvensis)

Dogan, Y., 2012, Traditionally used wild edible greens in the Aegean Region of Turkey. Acta Societatis Botanicorum Poloniae 81(4): 329-342 (As Anagallis arvensis)

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement (As Anagallis arvensis)

Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 154(As Anagallis arvensis)

Flora of Pakistan. www.eFloras.org (As Anagallis arvensis)

Galalaey, A. M. K., et al, 2021, Ethnobotanical study of some wild edible plants in Hujran Bason, Kurdistan Region of Iraq. ZANCO Journal of Pure and Applied Sciences. Salahaddin University-Erbil p 27 (As Anagallis arvensis)

Haj, F., et al, 2012, Species Diversity and Ethno Botanical Classes of the Flora of Allai Valley District Battagram Pakistan. International Journal of Plant Research 2012, 2(4): 111-123 (As Anagallis arvensis)

Harris, S., Buchanan, A., Connolly, A., 2001, One Hundred Islands: The Flora of the Outer Furneaux. Tas Govt. p 105 (As Anagallis arvensis)

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 52

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 204 (As Anagallis arvensis)

Hyde-Wyatt, B.H. & Morris D.I., 1975, Tasmanian Weed Handbook. Dept of Ag Tasmania. p 79 (As Anagallis arvensis)

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 255 (As Anagallis arvensis)

Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development. (As Anagallis arvensis)

Joshi, N. & Siwakoti, M., 2012, Wild Vegetables Used by Local Community of Makawanpur District and Their Contribution to Food Security and Income Generation. Nepal Journal of Science and Technology Vol. 13, No. 1 (2012) 59-66 (As Anagallis arvensis)

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 20 (As Anagallis arvensis)

Loughmiller, C & L., 1985, Texas Wildflowers. A Field Guide. University of Texas, Austin. p 202 (As Anagallis arvensis)

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 87 (As Anagallis arvensis)

Molla, A., Ethiopian Plant Names. http://www.ethiopic.com/aplants.htm (As Anagallis arvensis)

Morley, B. & Everard, B., 1970, Wild Flowers of the World. Ebury press. Plate 33 (As Anagallis arvensis)

Morley, B.D., & Toelken, H.R., (Eds), 1983, Flowering Plants in Australia. Rigby. p 119 (As Anagallis arvensis)

Ozbucak, T. B. et al, 2006, The Contribution of Wild Edible Plants to Human Nutrition in the Black Sea Region of Turkey. Ethnobotanical Leaflets 10: 98-103 (As Anagallis arvensis)

Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 463 (As Anagallis arvensis)

Phillips, D.C., 1988, Wild Flowers of Bahrain. A Field Guide to Herbs, Shrubs, and Trees. Privately published. p 157 (As Anagallis arvensis)

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

Plants of Haiti Smithsonian Institute http://botany.si.edu/antilles/West Indies (As Anagallis arvensis)

Psaroudaki, A., et al, 2015, Genetic structure and population diversity of eleven edible herbs of Eastern Crete. Journal of Biological Research-Thessaloniki, 22:7 (As Anagallis arvensis)

Full reference list (6 more) at https://www.echocommunity.org/en/resources/382ebffe-17f8-4291-8309-421c7999b9c3

**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/382ebffe-17f8-4291-8309-421c7999b9c3