PLANT FACT SHEET

Verbena officinalis L.

GENUS *Verbena* **FAMILY** Verbenaceae

COMMON NAMES Common Verbena

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Leaves - tea, Spice

The young leaves are parboiled, seasoned and eaten.
The leaves are used as a tea substitute.
The flowers are fermented into wine and used as a garnish.
It is used to flavour salt.

DESCRIPTION

An evergreen shrub. It grows 30 cm to 1 m high. The roots are branched and are white or yellow. The stem has hairs. The leaves are about 2.5-8 cm long and 1-1.5 cm wide. The flowers are small and blue. The fruit are divided into 4 segments. It is bitter with a sweet smell.

HABITAT

It is a temperate plant. It grows by roads and in open spaces. It will grow in most well-drained soils. It needs an open, sunny position. It is resistant to frost but sensitive to drought. It suits hardiness zones 4-8. Tasmania Herbarium. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It can be grown by seed or from cuttings.

NOTES

There are about 250 Verbena species. It is used in medicine.

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