PLANT FACT SHEET

Anchusa aegyptiaca DC.

GENUS *Anchusa* **FAMILY** Boraginaceae

COMMON NAMES Debbouna, Chandjar, Choubet, Eastern Anchusa, Hamricha, Ialma, Sahtour, Sheikh el boukoul, Tirhounam

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves mixed with those of wild sorrel and eaten in soup.

DESCRIPTION

A low bristly annual herb. The stems lie along the ground or curve upwards. The leaves are oval or sword shaped. The leaf edges have teeth and are wavy. The lower leaves have a grooved stalk. The upper leaves do not have leaf stalks. They partly clasp the stem. The flowers are pale yellow. They are 4-6 mm long. There are leaf-like bracts below each flower.

HABITAT

A Mediterreanean climate plant. It grows on cultivated, waste and fallow ground and can be on dry hillsides and in sandy coastal habitats.

NOTES

There are about 25-35 Anchusa species.

REFERENCES

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 386

BOUQUET

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4514ccef-43e5-4f1c-8145-8ab4823e7bbe