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.

Lithospermum incisum Lehm.

GENUS *Lithospermum* **FAMILY** Boraginaceae

COMMON NAMES Gromwell, Golden puccoon, Long-flowered stoneseed, Narrowleaf gromwell, Narrow-leaf puccoon, Puccoon

EDIBLE PARTS AND USES

Edible parts: Root

The tap roots are cooked and eaten. They are also used to make tea.
Caution: It can affect hormone levels and should be eaten with caution.

DESCRIPTION

A plant that keeps growing from year to year. The leaves are alternate and 5-10 cm long. The edges are rolled. The flower stems are 15-30 cm long and have flowers in clusters at the end. The flowers are trumpet shaped with 5 petal-like lobes that open 2.5 cm across. The edges are crinkled.

HABITAT

It is a temperate plant. It grows best in sandy soils.

NOTES

The roots are used for a red dye.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4759f859-1202-4a59-8f3c-cc35c17a4df4