PLANT FACT SHEET

Asperugo procumbens L.

GENUS *Asperugo* **FAMILY** Boraginaceae

COMMON NAMES German madwort

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are roasted with onions.

DESCRIPTION

A herb. It lies along the ground. It grows each year from seeds. It can be a climber. It grows 90 cm tall. The stems are slender and hollow with 5 or 6 ribs along them. The lower stem leaves have leaf stalks and are spoon shaped. They are 5-8 cm long by 1-2 cm wide. Stem further up the stem do not have stalks and become smaller. The flowers are blue.

HABITAT

It is a temperate plant. It grows in dry places. It can grow in arid places.

NOTES

There is only one Asperugo species. It is used in medicine as a tranquiliser and mood elevator.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5645f7fa-b1f6-48cc-8778-8d87d3962e79