PLANT FACT SHEET

Veronica anagallis-aquatica L.

GENUS *Veronica* **FAMILY** Plantaginaceae

COMMON NAMES Field speedwell, Water speedwell

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Stem

The seeds are pickled.
The young stems are used as a vegetable.
The leaves are used in salads and also cooked.

DESCRIPTION

A short lived herb. It can be erect or lie along the ground. It grows about 50 -150 cm high. The stems are often creeping and rooting from the lower nodes. The leaves do not have leaf stalks. Leaves are 5-15 cm long and 1-2 cm wide. They are narrow and oblong and can have teeth. The flowers are white or pinkish. They occur in lax, slender clusters. The number of clusters and flowers can vary greatly. The fruit is a capsule. It is compressed. It is 2-3.5 cm long. There are many seeds.

HABITAT

A temperate plant. In Nepal plants grow between 500-3500 m altitude. It grows in still or slow flowing water up to about 1 m deep. It can also grow along banks. In north China it grows near swamps below 4,000 m above sea level. It grows in wetlands. In Argentina it grows from sea level to 2,500 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. They can also be grown from cuttings. These need to be put into shallowly flooded soil.

Harvesting and Seed Production

The 4-6 top leaves are picked off.

NOTES

There are about 250 Veronica species.
Also put in the family Scrophulariaceae.

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