PLANT FACT SHEET

Poisonous

This plant, or parts of it, can be poisonous. Do not eat it unless you know which parts are safe and how they must be prepared.

Heliotropium europaeum L.

GENUS *Heliotropium* **FAMILY** Boraginaceae

COMMON NAMES European heliotrope

EDIBLE PARTS AND USES

Edible parts: Medicine

DESCRIPTION

A herb. It grows each year from seed. It grows 20-50 cm tall. The leaves are narrowly oval and 2-4 cm long by 1-2.5 cm wide. They are grey-green and hairy underneath.

HABITAT

It is a temperate and Mediterranean plant.

REFERENCES

Licata, M., et al, 2016, A survey of wild plant species for food use in Sicily (Italy) – results of a 3-year study in four Regional Parks. Journal of Ethnobiology and Ethnomedicine 12:12

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5c128d77-3ed5-4cce-a050-ce706b863285