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.

Cynoglossum officinale L.

GENUS *Cynoglossum* **FAMILY** Boraginaceae

COMMON NAMES Hound's tongue

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are used as a salad or cooked as a vegetable. They should only ever be eaten in small amounts.
Caution: Some hesitancy has been raised about the alkaloids in this plant that can cause cancer.

DESCRIPTION

A small plant. It grows 0.5-1 m tall. It is covered with fine downy hairs. The lower leaves are simple and have leaf stalks. They are oblong or sword shaped and 15-30 cm long. The upper leaves are smaller and clasp the stem. The flowers are reddish-purple and small. They are 5-10 mm across. They droop in clusters. The flowers are funnel shaped. The fruit is a small prickly nut.

HABITAT

It is a temperate plant. It grows in dry fields and waste places. It needs moist, well-drained soil. It can grow in sun or part shade.

PRODUCTION

Cultivation

Plants are grown from seed. They can also be grown from cuttings.

NOTES

There are between 50 and 75 Cynoglossum species. It contains pyrrolizidine alkaloids.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/61807225-9155-42c3-9e4f-a42f3bc6af22