PLANT FACT SHEET

# *Myosotis arvensis* (L.) Hill

**GENUS** *Myosotis* **FAMILY** Boraginaceae

**COMMON NAMES** Field forget-me-not

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Flowers

The young leaves are eaten. They are used in a mixtures of many different leaves cooked in butter.
The flowers are eaten or added to salads.

## DESCRIPTION

A herb. It grows 10-40 cm tall. It can grow each year from seed or grow for 2 years. The leaves are at the base. The leaf stalk has wide wings. The leaves on the stalk are alternate and without stalks. It is like Myosotis sylvatica but with smaller flowers. The flowers are small and blue. They are 3-4 mm across.

## HABITAT

It is a temperate plant. Tasmania Herbarium.

## PRODUCTION

### Cultivation

Plants grow from seed. Seed can remain dormant in the soil for 30 years.

## NOTES

There are 50-100 Myosotis species. They are temperate.

## PICTURES



Credit: Food Plants International (Bruce French)

## REFERENCES


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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/7308c0df-b375-4f19-9b60-0224617ad38f