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.

Echium platagineum L.

GENUS *Echium* **FAMILY** Boraginaceae

COMMON NAMES Paterson's curse, Blueweed, Salvation jane

EDIBLE PARTS AND USES

Edible parts: Leaves, oil, Flowers - nectar

The leaves are used in soup and stews.
The oil needs to be refined.
The flowers are sucked.

DESCRIPTION

A herb. It is hairy and branched. It grows 50 cm high. The leaves at the base are 3-12 cm long by 12-15 mm wide. The upper leaves on the stem are narrow. The flowers are deep blue.

HABITAT

It is a Mediterranean plant. In Argentina it grows below 500 m above sea level.

NOTES

It is considered a serious weed.

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