PLANT FACT SHEET

Linum perenne L.

GENUS *Linum* **FAMILY** Linaceae

COMMON NAMES Perennial blue flax

EDIBLE PARTS AND USES

Edible parts: Seeds, Oil, Flavouring

The seeds are roasted and then dried and ground and eaten. They are high in oil and flavour other foods. CAUTION The seeds should not be eaten raw as they contain cyanide. This is destroyed on cooking.

DESCRIPTION

A tufted low herb. It grows 30-45 cm tall and spreads 30 cm wide. The leaves are 1-3 mm wide. The flowers are blue. The petals are 3-4 times longer than the sepals. They are 25 mm across.

HABITAT

A temperate plant. It grows in dry grassy locations. In Pakistan it grows in dry inner ranges between 2,300-4,000 m altitude. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

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

NOTES

There are about 200 Linum species.

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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