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.

Hypericum perforatum Linn.

GENUS *Hypericum* **FAMILY** Hypericaceae

COMMON NAMES St John's Wort

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Flowers - tea

CAUTION: It is most likely poisonous making the skin sensitive to light. The toxic chemical is hypericin.
The leaves have a lemon scent and are used as food and for tea. They are dried for tea.
The leaves are boiled in water then fried.
The flowers and flower buds are also eaten and used for tea.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 20-60 cm high. It is hairless. It spreads and roots at the base. The stems are erect and have 2 raised lines. The leaves are opposite and narrowly oval. They do not have stalks but have large dots which let light through. The flowers are yellow and 18-22 mm wide.

HABITAT

It is a temperate plant. In China it grows between 100 and 1800 m altitude on grasslands and open woodlands. It grows in dry habitats. In Argentina it grows between sea level and 1,900 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seed or by division.

NOTES

There are about 400 Hypericum species. It is used in medicine. It has anticancer properties. It is poisonous to animals. Also put in the family Clusiaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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