PLANT FACT SHEET

Veronica anagallis L.

GENUS *Veronica* **FAMILY** Plantaginaceae

COMMON NAMES Water speedwell

EDIBLE PARTS AND USES

Edible parts: Leaves

The shoots and leaves are cooked and eaten.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

There are about 250 Veronica species.
Also put in the family Scrophulariaceae.

REFERENCES

Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 109

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 672

Hussain, S. T., et al, 2023, Ethnobotany for food security and ecological transition: wild food plant gathering and consumption among four cultural groups in Kurram District, NW Pakistan. Journal of Ethnobiology and Ethnomedicine 19:35

READ,

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ad448f73-6bd2-46cc-9281-44f184b96e0e