PLANT FACT SHEET

Anchusa capensis Thunb.

GENUS *Anchusa* **FAMILY** Boraginaceae

COMMON NAMES Cape forget-me-not

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The flowers are added to salads. They are also used in drinks and desserts.
The leaves are also eaten as a potherb.

DESCRIPTION

A herb. It has tall stems with grooves along them. It grows 60 cm tall. The leaves are bright green. They are narrow and long and rough and hairy to touch. The flowering stems are 1 m tall. The flowers are a vivid blue. They are on the top half of the stems. They have 5 bright blue petals. The seeds are inside small green cups.

HABITAT

It is a subtropical plant. It is not common in Swaziland.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b2de98a7-bdb4-4f58-a5a1-3703b0f78006