PLANT FACT SHEET

# *Anchusa strigosa* Banks & Sol.

**GENUS** *Anchusa* **FAMILY** Boraginaceae

**COMMON NAMES** Prickly alkanet, Strigose buglose

## EDIBLE PARTS AND USES

**Edible parts:** Flowers - tea, Leaves, Flowers - nectar

The young leaves are eaten raw in salads. They are also boiled then fried with onion.
The flowers are used raw as juice. The nectar is also sucked.

## DESCRIPTION

A herb.

## HABITAT

It is a Mediterranean climate plant.

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