PLANT FACT SHEET

Veronicastrum sibiricum (L.) Pennell

GENUS *Veronicastrum* **FAMILY** Plantaginaceae

COMMON NAMES Siberia-kugai-so

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The young stems and leaves are eaten raw. They are also roasted in oil or use in soups.
The flower spikes are eaten as a potherb.

DESCRIPTION

A herb. It has rhizomes or underground stems. It grows 13 cm tall. The stems are erect and simple. The leaves are in rings or 4-6. They are oblong and 8-15 cm long by 2-6 cm wide. The flowers are at the top of the plant. They are red or purple. They are tube shaped. The fruit is an oval capsule 3.5 mm long.

HABITAT

It is a temperate plant. In north China it grows on grassy slopes and in thickets below 2,500 m above sea level.

NOTES

Also put in the family Scrophulariaceae.

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