PLANT FACT SHEET

# *Buglossoides arvensis* (L.) I. M. Johnst.

**GENUS** *Buglossoides* **FAMILY** Boraginaceae

**COMMON NAMES** Field gromwell, Corn gromwell, Stone seed

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Fruit

The basal leaves are stewed.
The fruit are eaten raw.

## DESCRIPTION

A herb. It grows 45 cm tall. It has a well developed taproot.

## HABITAT

It is a temperate to Mediterranean climate plant.

## REFERENCES


Bhatia, H., et al, 2018, Traditionally used wild edible plants of district Udhampur, J&K, India. Journal of Ethnobiology and Ethnomedicine (2018) 14:73

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

Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310 (As Lithospermum arvense)

Rivera, D., et al, 2007, Gathered Food Plants in the Mountains of Castilla–La Mancha (Spain): Ethnobotany and Multivariate Analysis. Economic Botany, 61(3), (As Lithospermum arvense)

Sabbah, A., et al, 2024, Women's Knowledge of Local Plants and Their Gastronomic Heritage in Chitral, NW Pakistan. Plants 2024, 13, 2747

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71



**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/ca39e004-5292-420e-af36-e52fb0080d73