PLANT FACT SHEET

Cynoglossum lanceolatum Forssk.

GENUS *Cynoglossum* **FAMILY** Boraginaceae

COMMON NAMES Lanceleaf forget-me-not, Hound's tongue

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are added to soup.
They are also boiled and then used in other dishes.
The roots are chewed as a mouth freshener.

DESCRIPTION

A herb. It grows 1.8 m high. It has annual stems. These are bristly. The leaves are 8-15 cm long by 2-4 cm wide. The flowers occur all along the branches. They are 4 mm across. They are white or blue. The fruit is made up of 4 nutlets. These are covered with sticky hairs. There are 2 subspecies.

HABITAT

It is a subtropical plant. It grows in mountain grassland and on river banks. It grows from 1,000-3,000 m altitude. In Sichuan and Yunnan.

REFERENCES

Ahmad, K. & Pieroni, A., 2016, Folk knowledge of wild food plants among the tribal communities of Thakht-e-Sulaiman Hills, North-West Pakistan. Journal of Ethnobiology and Ethnomedicine, 12:17

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Flora Zambesiaca. http://apps.kew.org/efloras

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 78 (Subsp geometricum)

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 561

Tsering, J., et al, 2017, Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunchal Pradesh. Indian Journal of Traditional Knowledge. Vol 16(4), October 2017, pp 626-637

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/d97f2048-2308-4769-8632-ad81e8da3d4e