PLANT FACT SHEET

Anchusa officinalis L.

GENUS *Anchusa* **FAMILY** Boraginaceae

COMMON NAMES Alkanet, Anchu, Bugloss

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Roots - colouring, Vegetable

The boiled leaves are used as a substitute for cabbage.
The young shoots are eaten in soup and salad.
A conserve is made out of the flowers. They are also used as a vegetable.
The roots have been used as a red food colouring.

DESCRIPTION

A medium sized herb. It is rough and bristly and keeps growing from year to year. The stems are erect and branched. The leaves are long and sword shaped. They are 10-20 mm wide. The lower leaves have stalks. The flowers are bluish-red or violet. They have a white centre. They are 7-15 mm across. They are in long coiled cymes. The fruit are cone shaped small nuts.

HABITAT

A temperate plant. It grows on the banks and roadsides. It is resistant to drought and frost.

PRODUCTION

Cultivation

The plant can be grown by division or root cuttings.

NOTES

There are about 25-35 Anchusa species.

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