PLANT FACT SHEET

Verbena hastata L.

GENUS *Verbena* **FAMILY** Verbenaceae

COMMON NAMES Swamp verbena

EDIBLE PARTS AND USES

Edible parts: Seeds - flour, Leaves - tea, Flowers, Root

The small seeds are roasted and ground into flour. Changing the water can reduce the bitter taste. It is used for fried cakes and pinole.
The leaves are used for tea.
Caution: It can interfere with blood pressure medication and hormone therapy.

DESCRIPTION

A small shrub. It grows 0.9-1.5 m high and spreads 30-60 cm wide. It keeps growing from year to year. The stems are stiff and upright. The leaves are lance shaped and have teeth along the edge. The leaves are rough. The flowers are small and violet-blue. They are in spiky clusters.

HABITAT

It is a temperate plant. It grows in damp locations and along roadsides and in wet fields. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

It can be grown by seed or from cuttings.

NOTES

There are about 250 Verbena species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ea92cd43-e64d-4929-a46a-682ad7f09fe6