PLANT FACT SHEET

Prunella vulgaris L.

GENUS *Prunella* **FAMILY** Lamiaceae

COMMON NAMES Self Heal, All-heal, Healall

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Flowers

A drink can be made by dropping the freshly chopped or dried leaves in cold water.
The young leaves and shoots are eaten raw in salads.
They are also cooked with other greens as a potherb. They can be added to soups or stews.

DESCRIPTION

A creeping herb. It keeps growing from year to year. It has short underground stems or rhizomes which then produce upright stems. It can be slightly hairy. The stems can be 50 cm long. They are square or flattened in cross section and purple in colour. The leaves are oval and can be slightly scalloped. They have leaf stalks. The flowers are deep blue or purple but can be white. They grow in spikes. They are surrounded by rounded bracts with a long tapering point. They are purplish and with white bristles underneath.

HABITAT

It is a temperate plant. It grows in moist shaded and partly shaded ground. In Argentina it grows between 200-1,200 m above sea level. It suits hardiness zones 3-9. Tasmania Herbarium. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed or by dividing the rootstock.

NOTES

It is used in medicine. There are 7 Prunella species. Leaves and flowers are high in antioxidants.

PICTURES



Credit: Food Plants International (Bruce French)



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