PLANT FACT SHEET

Anchusa arvensis subsp. orientalis (L.) Nordh.

GENUS *Anchusa* **FAMILY** Boraginaceae

COMMON NAMES Lang zi cao

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil, Leaves, Flower

The seeds contain an edible oil.
The leaves are cooked.

DESCRIPTION

An annual herb. It grows 10-40 cm high. The stems branch from the base. The leaves near the base have leaf stalks. They are narrowly oval and 4-14 cm long by 2-3 cm wide. The edges are wavy and have teeth. The flowers are blue to purple. The fruit are kidney shaped nutlets 3-4 mm long by 2 mm wide. The seeds are brown.

HABITAT

It is a temperate plant. It grows on hillsides, in marshes and field margins in China. Melbourne Botanical gardens.

NOTES

There are about 25-35 Anchusa species.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f3fedf36-4d15-47a6-8b07-8591ccebee2c