



PLANT FACT SHEET

Echium italicum Bové. ex DC.

GENUS *Echium* FAMILY Boraginaceae

COMMON NAMES Italian Bugloss, Pale bugloss

EDIBLE PARTS AND USES

Edible parts: Leaves, Flower - nectar, Stems

The fresh young leaves are eaten in soup. They are also roasted with meat.

The flower nectar is sucked.

CAUTION: It is probably mildly poisonous.

DESCRIPTION

A robust herb which keeps growing from year to year. It grows 1 m tall. It has dense white or yellow bristles. In the first year the leaves are in a flat ring near the ground. The leaves are sword shaped or narrowly oval. The flowers are yellow, pink or bluish-white. They are 10-12 mm long. They occur as many together in a pyramid shaped flower arrangement. The stamen are long and protrude.

HABITAT

It is a Mediterranean climate plant. It grows on rocky and grassy habitats.

NOTES

There are about 40-60 *Echium* species all indigenous to the Mediterranean.

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