PLANT FACT SHEET

Myosotis sylvatica Hoffm.

GENUS *Myosotis* **FAMILY** Boraginaceae

COMMON NAMES Forget-me-not

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are added to salads as a garnish.
They are also candied.
The shoots and leaves are eaten. They are used in salads.

DESCRIPTION

A small herb. It keeps growing from year to year. The stems are simple or branched and 15-50 cm high. The leaves at the base are 10-20 mm long by 1-10 mm wide. Leaves on the stems are 20-40 mm long by 1-15 mm wide.

HABITAT

It is a temperate plant. It grows in damp and shady places. In Argentina it grows below 500 m above sea level.

REFERENCES

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Deutschl. Fl. 61. 1791

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fd785058-2396-4962-805a-ede654fddca7