

Borage



Borago officinalis

- **Use:** Borage long been used for calming properties and is commonly known as the "Herb of Gladness" The beautiful blue star-shaped flowers are edible with a cool cucumber flavour. They can be crystallized or used as garnish in fruit cups, summer drinks, wines and Pimms.
- **Exposure/Soil:** Plant in moist, fertile soil in light shade to full sun.
- **Growth:** Grows 12-36" tall and wide. Grows quickly, and its roots may need containing. Space plants 3' apart.
- **Hardiness:** Zone 2-11; Herb ;Perennial
- **Foliage:** Deciduous; Large, bristly, gray-green leaves. When young, the cucumber flavored leaves may be added to salads.
- **Flower:** Beautiful, powder blue, star like flowers. The flowers (which are excellent for cutting) are a favorite of honeybees and used as garnishes (in cold drinks like ice tea and lemonade) or added to salads.



Chopped leaves make a healthy soup or young leaves can be dipped in batter and lightly fried until crisp. Finely cut leaves make a delicious sandwich filling.

Did you know that we recycle empty pots and trays? Please bring them back! Save the Earth!