



BORAGE | STARFLOWER

Borago officinalis (bor-AY-go ah-fish-ih-NAH-liss)

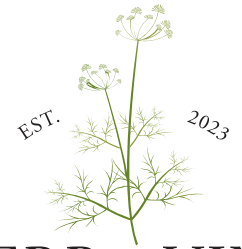
ANNUAL | BORAGINACEAE FAMILY

ZONES: 2-11

EXPOSURE: FULL SUN | LIGHT SHADE

MATURE HEIGHT: 24-36" | SPREAD 18"

BLOOM: BLUE | JUNE-SEPTEMBER



HERB & VINE

— healing plants —



Medicinal



Pollinators



Companion



Culinary

A beautiful, sprawling annual that prefers full sun and well-drained soil. Borage is most often grown for its seeds, the oil of which is a rich source of gamma-linolenic acid.

- Culinary: flowers and leaves are edible as an herb or added to salad. Flavor of a salty cucumber (*see caution*).
- Therapeutic*: leaves - diuretic, demulcent, emollient. Seed oil - treats premenstrual complaints, rheumatic problems, eczema and other skin conditions.
- Plant near tomatoes, cucumbers, cabbage, beans, and squash. Borage captures and stores potassium from the soil, so chop and drop around other plants as mulch or add to compost.
- Self-seeding annual should grow back year after year.

Caution: contains pyrrolizidine alkaloids which may cause liver damage if consumed in large quantities.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*

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