



SPEEDWELL

Veronica officinalis (veh-RON-ih-kah oh-fiss-ih-NAH-liss)

PERENNIAL | PLANTAGINACEAE FAMILY

ZONES: 3-9

EXPOSURE: FULL SUN

MATURE HEIGHT: 1-4 FT | SPREAD 1-2 FT

BLOOM: BLUE/PURPLE | SUMMER



Medicinal



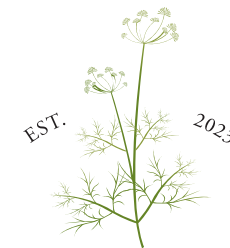
Pollinators



Butterflies



Resistant



HERB & VINE

— healing plants —

Makes beautiful cut flowers and attracts bees, butterflies and hummingbirds! Infusion is useful for coughs and catarrh. As a lotion it is effective on skin eruptions and slow-healing wounds.

- Therapeutic*: alterative, astringent, mildly diuretic, mildly expectorant, stomachic and tonic.
- Parts used: harvest leaves in the summer and dry for later use in tea.

Caution: consult a doctor if pregnant or nursing.



**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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