



# Country Garden Greenhouse

## Borage

**This Mediterranean native herb and is unique for its charming bright blue flowers as well as its hairy stems and leaves. All aerial parts of the herb can be harvested in spring and used to make a nutritive and medicinal tea; known to be beneficial for adrenal glands, balancing the body in periods of stress. Borage seeds are valued commercially for their high gamma**

**linoleic acid (GLA) content within its oil. The body naturally produces GLA but the pathway can get blocked due to diet, lifestyle, aging and other stressors. Borage seed oil supplementation can help bypass this block, and reduce inflammation. Topical and internal use of borage oil is known to be beneficial for skin conditions, such as dryness, eczema and psoriasis. Topical application of the leaves can be used to soothe minor skin injuries. Flowers are edible and have a flavour reminiscent of cucumber, making a perfect garnish for soups and salads. Leaves also have a culinary use, although only young leaves should be eaten. Try adding chopped young leaves and flowers to salads or summer drinks. On those sweltering summer days, cool off with iced borage tea, adding honey and lemon juice to taste. Prefers full sun in moist, fertile soil. Germination time 1-2 weeks. Self sows. Pollinator friendly, especially for bumblebees. Deer resistant as well as a hornworm & cabbage worm deterrent. Ht 2ft.**