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*Anchusa azurea*

[Synonyms : *Anchusa italica*]

**ITALIAN BUGLOSS** is a perennial. Native to the Mediterranean and the Caucasus it has small white throated, bright blue (occasionally purple) flowers.

It is also known as Bugloss, *Chupamiel* (Spanish), Garden anchusa, Italian alkanet, Italian borage, *Italienische Ochsenzunge* (German), *Italiensk oxtunga* (Swedish), Large blue alkanet, *Lsien il-fart tar-raba* (Maltese), *Pilát italský* (Czech), *Pilát modrý* (Czech), Purple alkanet, Sea bugloss, *Sinirasti* (Finnish), and *Smohla talianska* (Slovak).

Warning – Italian bugloss is poisonous if taken internally as it can cause paralysis.

*Azurea* means ‘azure or sky blue’.

The red colouring substance that can be obtained from the roots was once an ingredient in cosmetic preparations.