

# *Heliotropium arboreum*

Faux Tabac

Family : Boraginaceae



This shrub, with a very spread-out port, has a wood very resistant to salt and various insects.

It is covered on all its parts with a fine and abundant pilosity, giving silver reflections.

Its white and fragrant flowers form inflorescences grouped at the end of the branches and attract bees and butterflies.

Its fruits are small yellow berries the size of a currant. Dry, they can float, thus ensuring its dispersion by the sea.



## Ecology

- Sand fixing plant stabilizing the coastline
- Refuge and nesting place for marine birds



## Traditional uses

- Use of the wood to make furniture, dugouts or any other construction
- Edible leaves with a parsley taste
- Use of wood to make the frame of handmade diving goggles



## Pharmacopoeia

- Leaves in decoction or infusion to treat itch
- Leaves used for purging with sea water

## Virtues



CENTRE  
D'INITIATION À  
L'ENVIRONNEMENT

