Borage white flowered seeds (Starflower)

Borago officinalis 'Alba'

Height: 50 – 70 cm

Suitable for: Full sun in most garden soils.

Summary: Borage is a well known annual herb in the herb garden, and the white flowered variety is most unusual with striking white flowers which make a delightful change from the traditional blue. The foliage is edible, if rather rough and hairy, and the plant self seeds liberally for the next season.

More information:

White flowered borage is a robust, easy to grow annual herb, which is not so well known in herb gardens compared with the typical blue variety. It germinates a little later than the blue borage and has slightly shorter, more compact growth. The flowers, when they appear from June onwards, are a dazzling white with contrasting black stamens. The flower colour doesn't affect their attraction to the bee population and, like the blue variety, bees and other pollinators gather around the blooms all summer.

White borage has exactly the same culinary uses as the blue. The flowers are used as a bright garnish on salads and dips, and also floated onto summer soups, cold drinks and cocktails. The most popular and traditional use is their addition to Pimms, to add a honeyed cucumber flavour and lots of colour.
Borage leaves and flowers also make a delicious addition to cider punch …

The individual flowers can be preserved for winter use by freezing them in ice cubes.

For more facts on white borage and recipe ideas see the information under the Borage blue flowered heading.