

# Uses

ID	107
Crop ID	Alpine Forget Me Not
Part	Whole
Use Category	Medicinal
Notes	The whole plant is astringent and ophthalmic. Used as a lotion, it is an excellent remedy for many eye diseases. It is also ground into a powder and applied externally to wounds, at one time the leaf juice was used to stop nose bleeds. The plant is harvested in May and can be dried for later use.
Metadata ID	6,530