

Koromiko

[*Hebe stricta*/ *Veronica stricta*]



Originally identified as the species "Veronica". They are now placed in a separate genus "hebe"

Hardy shrub standing out in the bush with its beautiful inflorescence or cluster of flowers arranged on a stem that is composed of a main branch.

When not in flower it is distinguished by its dark green, long leaves with delicate tips, the leaf buds encased in immature leaves.

Used a lot in remedial plantings, pruning is important to keep an attractive shape for the leggier varieties.

Size

Shrub up to 5m tall

Distribution & Habitat

Found throughout the country from the North Island to north Canterbury. Likes to grow along streams but is very hardy so will do well almost anywhere.

Species it attracts

The flowers attract nectar feeding birds such as the Tūī, Korimako (Bellbird) and Tauhou.

Medicinal Properties

Chewing the leaf tips is used to treat constipation.

The use of Koromiko tips to cure diarrhoea and dysentery are well known to both māori and pakeha gaining widespread fame when shipped to troops in WW2.

An infusion of the leaves was used as an astringent for dysentery. Poultices were used for ulcers. It was considered good for the kidneys and bladder, as well as for diarrhoea and as a tonic.

Where to plant in your garden

Koromiko is a fast growing shrub that establishes easily in most garden settings. It prefers open, exposed habitats and grows well on the edge of bush or wetlands.



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