

# Brahmi

*Bacopa monnieri*  
ba-co-pa mon-nieri



**A perennial, creeping herb that is well-known for its medicinal use. Bearing many small white - blue/purple flowers and bright green foliage, it is a visually attractive plant for hanging baskets and as a ground cover.**

Often grows in wet places, roadsides, gardens, in mud or sand along riverbanks, ponds and lakes, wooded slopes.



**Category: Ground cover/Low-growing Under 1m**

**Height: 0.15 metre**

**Spread: 1 metre**



Prefers a shady area



Prefers lots of water and can be fully submerged



Butterfly attracting



Bee attracting



Great for hanging baskets



Traditional use plant

**HOT TIP: used for improving memory, boosting brain function and alleviate anxiety and stress.**