PLANT FACT SHEET

Cochlospermum gonzalezii (Sprague & L. Riley) Byng & Christenh.

GENUS *Cochlospermum* **FAMILY** Bixaceae

COMMON NAMES Saya, Yellowshow

EDIBLE PARTS AND USES

Edible parts: Roots, Plant, Flower, Fruit

The roots are eaten. They are eaten with milk.

DESCRIPTION

A herb that keeps growing from year to year. It forms tubers. The leaves have lobes like fingers on a hand. The flowers are large and yellow. There is a red spot at the base of each petal.

HABITAT

It is a tropical plant. It grows between 160-600 m above sea level. It can grow in desert and arid places.

NOTES

Also put in the family Cochlospermaceae.

REFERENCES

Desert Survivors Online Plant Database (As Amoreuxia gonzalezii)

Martin, P. S. et al, (Eds.), 1998, Gentry's Rio Mayo Plants. The Tropical Deciduous Forest & Environs of Northwest Mexico. University of Arizona Press. 292 (As Amoreuxia gonzalezii)

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112 (As Amoreuxia gonzalezii)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/00255dec-79a1-48ec-a921-3144ddc83da8