PLANT FACT SHEET

Cynoglossum amabile Stapf & J. R. Drumm.

GENUS *Cynoglossum* **FAMILY** Boraginaceae

COMMON NAMES Chinese forget-me-not

EDIBLE PARTS AND USES

Edible parts: Leaves, Medicine

The leaves are eaten raw or boiled.

DESCRIPTION

A herb. It takes 2 years to complete its lifecycle. It has a thickened taproot, There are a ring of leaves near the base. The leaves on the stems are broadly oval. The flowers are blue.

HABITAT

It is a temperate plant. In Argentina it grows between 2,000-3,000 m above sea level. In Yunnan.

REFERENCES

Geng, Y., et al, 2016, Traditional knowledge and its transmission of wild edibles used by the Naxi in Baidi Village, northwest Yunnan province. Journal of Ethnobiology and Ethnomedicine. 12:10

Wang, J., et al, 2020, An ethnobotanical survey of wild edible plants used by the Yi people of Liangshan Prefecture, Sichuan Province, China. Journal of Ethnobiology and Ethnomedicine 16:10 p 6

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