PLANT FACT SHEET

# *Heliotropium crispum* Desf.

**GENUS** *Heliotropium* **FAMILY** Boraginaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The leaves are eaten before flowering.

## DESCRIPTION

A shrub. It grows 45 cm tall. It has a bulb at the base. The stems are 3-5 mm thick at the base. The leaves are narrowly sword shaped and 20-55 mm long by 5-16 mm wide. They are wavy and hairy. The flowering shoots are 3-6 cm long and usually at the ends of the stems. The flowers are small and white and are in clusters. The fruit are a flattened round shape with 4 lobes.

## HABITAT

It is a Mediterranean climate plant. It grows in the desert and dry shrubland.

## REFERENCES

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

**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/12e39a6b-a5ad-46ad-8d02-73cdde1c7b71