PLANT FACT SHEET

Hydrophyllum fendleri var. albifrons (Heller) J. F. Macbr.

GENUS *Hydrophyllum* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are cooked and eaten.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

Also put in the family Hydrophyllaceae.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 270

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/339391e6-b398-4060-8f48-a25cb72ca439