PLANT FACT SHEET

Pinus x quadrifolia Parl. ex Sudw.

GENUS *Pinus* **FAMILY** Pinaceae

COMMON NAMES Parry pinyon

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are eaten.

DESCRIPTION

A natural hybrid plant.

HABITAT

It is a tropical plant.

NOTES

There are over 100 species of Pinus. The seeds are 11% protein, 37% fat and 44% carbohydrate,.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3406e8f2-16ce-489c-936d-2072b7aaa892