PLANT FACT SHEET

Amsinckia menziensis (Lehm.) A. Nelson & J. F. Macbr.

GENUS *Amsinckia* **FAMILY** Boraginaceae

COMMON NAMES Menzies fiddleneck

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are ground and toasted.

DESCRIPTION

A herb. The flowers are orange.

HABITAT

It is a temperate plant.

REFERENCES

Anderson, M. K., 2012, Edible Seeds and Grains of California Tribes and the Klamath Tribe of Oregon in the Phoebe Apperson Hearst Museum of Anthropology Collections, University of California, Berkeley. USDA p 10

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/34230cf8-1120-4be9-89e3-44d1cd9818ce