PLANT FACT SHEET

Lithospermum multiflorum Torr.

GENUS *Lithospermum* **FAMILY** Boraginaceae

COMMON NAMES Many flowered gromwell

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds have been eaten.

DESCRIPTION

A herb. It grows 50 cm tall. The flowers are tube shaped and yellow. The leaves are narrow.

HABITAT

It is a temperate plant. It grows between 1,800-3,600 m above sea level. It needs a sunny position. It suits USDA hardiness zones 3-7.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 311

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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/3bfe3949-c8b5-45e2-b557-4da9601aaeeb