PLANT FACT SHEET

Parkinsonia florida (Benth. ex A. Gray) S. Watson

GENUS *Parkinsonia* **FAMILY** Fabaceae

COMMON NAMES Blue paloverde

EDIBLE PARTS AND USES

Edible parts: Seeds, Pods

The seeds are cooked and crushed as a famine food.
The young pods are eaten raw or cooked.

DESCRIPTION

A small tree. It grows 8 m tall and has a spreading crown. It has prickles. The branches are often drooping. The leaves grow from the nodes and are divided. There are 5-8 flowers in a group. The pods are 3-11 cm long and it contained 1-8 flat seeds.

HABITAT

It is a temperate plant. It grows from sea level to 1,000 m above sea level. It can grow in arid areas.

REFERENCES

Ferns, Useful Temperate Plants.

https://www.fireflyforest.com/flowers/category/edible-plants/ Edible Plants – Southeastern Arizona Wildflowers and Plants

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4f3f9748-2865-49ef-bd01-551e0c8dc46c