PLANT FACT SHEET

Epilobium densiflorum (Lindl.) Hoch & P.H.Raven

GENUS *Epilobium* **FAMILY** Onagraceae

COMMON NAMES Dense flower willowherb

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds were parched, crushed and dried for food. They were used for making a type of bread.

DESCRIPTION

A herb. It can grow 1 m tall. The leaves are pointed and up to 8 cm long near the base. The flowers are purple. The fruit is a cylinder capsule 1 cm long.

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 23 (As Boisduvalia densiflora)

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb.(ACEDB version 4.0 - data version July 1994) (As Boisduvalia densiflora)

W. H. Brewer, S. Watson, & A. Gray, Bot. California 1:233. 1876 (As Boisduvalia densiflora)

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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/6b36b60d-23a6-4a7f-86b9-3278622f05c9