PLANT FACT SHEET

Boerhavia coulteri (Hook.f.) S. Watson

GENUS *Boerhavia* **FAMILY** Nyctaginaceae

COMMON NAMES Coulter's spiderling

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows each year from seed.

HABITAT

It is a subtropical plant. It suits arid regions.

REFERENCES

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/6dd30b1f-051c-4f5c-a65d-dfc975aa49b8