PLANT FACT SHEET

Eriogonum cernuum Nutt.

GENUS *Eriogonum* **FAMILY** Polygonaceae

COMMON NAMES Nodding buckwheat

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are crushed and eaten.

DESCRIPTION

A spreading herb. It grows each year from seed. It grows 50-60 cm tall. There is a flowering stem 3-20 cm tall. The leaves are at the base or sheathing the stem. The seeds are 1.5-2 mm long.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 221

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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/71eb2cfa-4f0c-407d-995d-ecd48e4d1a2c