PLANT FACT SHEET

Pholisma sonorae (Torr. ex A. Gray) Yatsk.

GENUS *Pholisma* **FAMILY** Boraginaceae

COMMON NAMES Sand Food

EDIBLE PARTS AND USES

Edible parts: Underground stem, Roots

The plant is roasted and eaten.
The plants are eaten raw, boiled or roasted or dried and ground into flour. The roots can be dried and stored.

DESCRIPTION

A plant that grows on other plants. It is a leaf less plant. The thick stems are partly buried underground.

HABITAT

It is a subtropical plant. It grows in barren, sandy land. It grows in arid areas. It grows in the Sonora desert in Mexico.

NOTES

It has also been put in the family Lennoaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/732386c2-344f-4cea-86fb-50d07f2ee5ec