PLANT FACT SHEET

Phacelia distans Benth.

GENUS *Phacelia* **FAMILY** Boraginaceae

COMMON NAMES Distant phacelia

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are steamed and the cooked leaves eaten.

DESCRIPTION

A herb. It is hairy. It grows 90 cm tall. The flowers are blue and bell shaped.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 390

PROVIDED BY **Food Plants International**

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/9775e90d-edd5-45c9-9da6-8f21712896cc