PLANT FACT SHEET

Amsinckia intermedia Fisch. & C. A. Mey.

GENUS *Amsinckia* **FAMILY** Boraginaceae

COMMON NAMES Common fiddleneck

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows each year from seeds.

HABITAT

It is a subtropical plant. It can grow in arid places.

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 (As Amsinckia intermedia)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a4062420-586b-4e1c-b093-b28fe2747498