PLANT FACT SHEET

Eriogonum inflatum Torr. & A. Gray.

GENUS *Eriogonum* **FAMILY** Polygonaceae

COMMON NAMES American pipeweed, Desert trumpet

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Seeds

The leaves are boiled for 5-10 minutes then eaten.
The seeds are pounded and eaten mixed with water. They are also eaten dry.

DESCRIPTION

A herb. The stem is inflated. It grows 30-90 cm tall. There is a ring of round crinkled leaves at the base. The flowers are very small and yellow and pink.

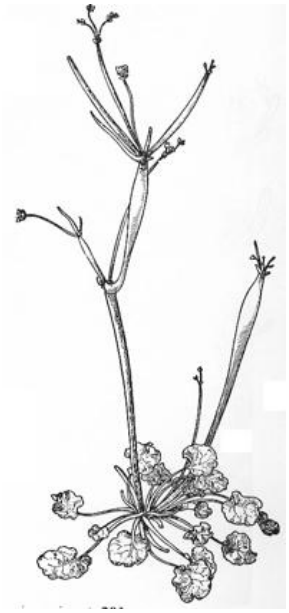
HABITAT

It is a temperate plant. It grows in arid places.

NOTES

There are 150 Eriogonum species.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a811a1cd-3632-40c3-9da8-893bc927183b