PLANT FACT SHEET

Lithospermum ruderale Douglas ex Lehm.

GENUS *Lithospermum* **FAMILY** Boraginaceae

COMMON NAMES Western gromwell, Yellow puccoon

EDIBLE PARTS AND USES

Edible parts: Seeds, Roots

The roots are used as food.
Caution: Parts of the plant can contain hormones.

DESCRIPTION

A small plant. It grows 20-50 cm high. It has a thick taproot. The leaves are alternate and simple. There are many leaves and they have no leafstalk. The leaves are narrow, stiff and hairy. They are 5-10 cm long. The flowers are yellow. The lower part of the flower is in a long tube. They are 15 mm across and crowded in leafy clusters at the ends of stalks. They have a sweet scent. The fruit are 4 small white hard nutlets.

HABITAT

It is a temperate plant. It grows in prairie grassland.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ac08923d-9c47-41f9-b1ba-c2e1e2790e4b