PLANT FACT SHEET

Gilia sinuata Douglas ex Benth.

GENUS *Gilia* **FAMILY** Polemoniaceae

COMMON NAMES Rosy gilia, Rosy phlox

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are parched, ground and kneaded into seeds butter and eaten with drinks or used on bread.

DESCRIPTION

A fleshy herb. It grows 25 cm tall. It grows each year from seed. The flowering shoots have 1-3 flowers in a cluster. The fruit is a capsule.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 248

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/ad960d3f-d981-4d05-8b14-5ad8f5a1285e