PLANT FACT SHEET

Heliotropium convolvulaceum (Nutt.) Gray

GENUS *Heliotropium* **FAMILY** Boraginaceae

COMMON NAMES Phlox heliotrope, Fragrant heliotrope

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds were cooked into a mush and used for food.

DESCRIPTION

A herb. It grows each year from seed. It grows about 40 cm tall. It has one erect stem and several long sprawling branches. The flowers are white and broadly funnel shaped. The fruit are nutlets.

Possibly now Euploca convolvulacea var. convolvulacea.

HABITAT

It is a temperate plant. It grows in deserts and arid grasslands.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 259

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b30fdf54-e035-4aba-8d17-7b7c9d6df449