PLANT FACT SHEET

Descurainia incana subsp. insica (Engelm.) Kartesz & Dandhi

GENUS *Descurainia* **FAMILY** Brassicaceae

COMMON NAMES Mountain tansy mustard

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are parched and ground and eaten.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. In California it grows between 1,000-3,400 m above sea level.

REFERENCES

Anderson, M. K., 2012, Edible Seeds and Grains of California Tribes and the Klamath Tribe of Oregon in the Phoebe Apperson Hearst Museum of Anthropology Collections, University of California, Berkeley. USDA p 41

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 301

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/b4f3a366-4f31-44ab-a69e-e1982fad22d4