PLANT FACT SHEET

Mimulus cardinalis Douglas ex Benth.

GENUS *Mimulus* **FAMILY** Phrymaceae

COMMON NAMES Crimson monkeyflower

EDIBLE PARTS AND USES

Edible parts: Stalks

The tender stalks are eaten raw.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

It has also been put in the family Scrophulariaceae.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 343

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/c814f1f8-fdb4-41ca-9f9e-49df8f305172