PLANT FACT SHEET

Onosma hispida Wall. ex D. Don

GENUS *Onosma* **FAMILY** Boraginaceae

COMMON NAMES Bristly onosma

EDIBLE PARTS AND USES

Edible parts: Root, Flower - nectar

CAUTION: The red dye from the roots may be poisonous in large quantities.

DESCRIPTION

A herb. It grows 70 cm tall. It keeps growing from year to year. It has a prominent tap root. There are many stems. It is hairy. The leaves at the base are 9-35 cm long by 1 cm wide. The leaves on the middle of the stem are larger and those at the top are smaller. The flowers are in groups at the top. They are white or yellow.

HABITAT

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

NOTES

There are about 150 Onosma species.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 408

Barkatullah, et al, 2009, Ethnobotanical studies of plants of Charkotli Hills, Batkhela District, Malakand, Pakistan. Front. Biol. China 2009, 4(4): 539–548

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d7a9332c-3f84-4f7e-9d2a-d748e388cd44