PLANT FACT SHEET

Castilleja pumila (Benth.) Wedd.

GENUS *Castilleja* **FAMILY** Orobanchaceae

EDIBLE PARTS AND USES

Edible parts: flower - nectar

DESCRIPTION

A herb. It is a very small plant 2-5 cm high. It lies along the ground and the stems are very leafy. The leaves have narrow lobes. The flowers are red.

HABITAT

It is a tropical plant. It suits mountain regions. It grows between 3,500-4,500 m above sea level in Colombia.

NOTES

It has also been put in the family Scrophulariaceae.

REFERENCES

Vandebroek, I. & Sanca S., Food Medicines in the Bolivian Andes. Book chapter Eating and Healing p 273

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/e1e7ed3f-fe3f-40e9-b114-dc841cefe648