PLANT FACT SHEET

Cnidoscolus palmeri (S. Watson) Rose

GENUS *Cnidoscolus* **FAMILY** Euphorbiaceae

COMMON NAMES Bull nettle, Stinging spurge, Tread softly

EDIBLE PARTS AND USES

Edible parts: Root

The starchy roots are eaten raw or cooked.

DESCRIPTION

A shrub.

HABITAT

A tropical plant. It can grow in arid areas.

NOTES

There are 65 Cnidoscolus species in tropical America.

REFERENCES

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Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

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/e6092689-dcab-431b-b323-3a151a3afd1a