PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Lithospermum canescens (Michx.) Lehm.

GENUS *Lithospermum* **FAMILY** Boraginaceae

COMMON NAMES Hoary gromwell, Hoary puccoon

EDIBLE PARTS AND USES

Edible parts: Roots, Seeds

Caution: It affects hormone levels and probably should not be eaten.
The gum is chewed with gum to turn it red and the flowers are chewed with gum to make it yellow.

DESCRIPTION

A herb that forms clumps. It has a woody taproot. The stems can grow 30 cm tall. The leaves are slender and dark green. The flowers are bright yellow or orange. The fruit ate hard shiny nutlets.

HABITAT

It grows in dry prairies and open forests.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 271
Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 310

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e6e8f3eb-e6ba-45f5-a910-343b6b5f7183