PLANT FACT SHEET

Mattiastrum racemosum (Schreb.) Brand.

GENUS *Mattiastrum* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: flower - nectar

The nectar of the flower is sucked.

DESCRIPTION

A herb. It grows in tufts. It grows 12-40 cm tall. The leaves are 2-4 cm long by 3-6 mm wide. The flowers are purple.

HABITAT

It is a temperate plant.

REFERENCES

Mukemre, M., et al, 2016, Survey of wild food plants for human consumption in villages of Catak, (Van-Turkey), Indian Journal of Traditional Knowledge. Vol. 15(2) pp. 183-191 (As Paracaryum racemosum)

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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/ecb99c16-3608-4a50-b3e3-96f7a261072d