PLANT FACT SHEET

Nama demissa var. demissa

GENUS *Nama* **FAMILY** Boraginaceae

COMMON NAMES Desert purple mat

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are ground and used for a porridge.

DESCRIPTION

A herb. It grows each year from seed. The flowers are purple.

HABITAT

It is a temperate plant. It grows in desert and dry shrubland.

NOTES

Also put in the family Hydrophyllaceae.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 352

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/fc3c64e7-ca51-4443-b8a3-3c03462cf754