PLANT FACT SHEET

Eriogonum wrightii Torr. ex Benth.

GENUS *Eriogonum* **FAMILY** Polygonaceae

COMMON NAMES Bastardsage

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are pounded into a meal and eaten dry or mixed with water as a drink.

DESCRIPTION

A herb or small shrub. It grows 15-100 cm long by 10-150 cm wide. The stems are spreading. The leaves are at the base and in tufts at the top. The leaves are broadly sword shaped and 1-3 cm long by 0.1-1 cm wide. The seeds are light brown and 1.5-3 mm long.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 224

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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/fd04c043-4843-48b4-bd2c-9a35393dadaf