PLANT FACT SHEET

Linum lewisii Pursh

GENUS *Linum* **FAMILY** Linaceae

COMMON NAMES Wild blue flax, Lewis flax, Prairie flax

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are cooked and eaten. They also add flavour to other foods.
They can be dried and ground into flour.
Caution: Flax seeds should not be eaten raw.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 70-80 cm tall. It branches from the base. The leaves are alternate and narrowly sword shaped. They are 1-2 cm long. The flowers are pale blue or sometimes white. The fruit are a rounded pod or capsule. It contains 2 large seeds.

HABITAT

It is a temperate plant. It grows on dry hillsides and meadows near the treeline in the Rocky Mountains.

NOTES

There are about 200 Linum species. This one has seeds with high nutritive value.

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