PLANT FACT SHEET

Cnidoscolus texanus (Mull.Arg.) Small

GENUS *Cnidoscolus* **FAMILY** Euphorbiaceae

COMMON NAMES Bull nettle

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds once washed and winnowed can be eaten raw, or roasted or ground into flour.

DESCRIPTION

A shrub. It has stinging hairs.

HABITAT

It is a subtropical plant.

REFERENCES

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 247

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 70

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ff9ec1e1-7f8f-493c-ad6d-9caee43d0cea