

Comparative Seed Manual: BORAGINACEAE

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This seed manual consists of photos and relevant information on plant species housed in the Integrative Subsistence Laboratory at the Anthropology Department, University of California, Santa Barbara. The impetus for the creation of this manual was to enable UCSB graduate students to have access to comparative materials when making in-field identifications. Most of the plant species included in the manual come from New World locales with an emphasis on Eastern North America, California, Mexico, Central America, and the South American Andes.

Published references consulted¹:

- 1998. Moerman, Daniel E. *Native American ethnobotany*. Vol. 879. Portland, OR: Timber press.
- 2009. Moerman, Daniel E. *Native American medicinal plants: an ethnobotanical dictionary*. OR: Timber Press.
- 2010. Moerman, Daniel E. *Native American food plants: an ethnobotanical dictionary*. OR: Timber Press.
- 2007. Timbrook, Jan. *Chumash Ethnobotany: Plant Knowledge among the Chumash People of Southern California*. OR: Santa Barbara Museum of Natural history.

Species included herein:

Amsinckia menziesii

Borago officinalis

Eriodictyon angustifolium

Phacelia cicutaria

¹ **Disclaimer:** Information on relevant edible and medicinal uses comes from a variety of sources, both published and internet-based; this manual does **NOT** recommend using any plants as food or medicine without first consulting a medical professional.

Amsinckia menziesii



Family: Boraginaceae

Common Names: Common fiddleneck, Menzies' fiddleneck, Small flowered fiddleneck, Rancher's fiddleneck

Habitat and Growth Habit: This annual herb is native to California. It can be found in Western North America from Alaska to Baja California. Often growing in dry open places, meadows, forests, and shrubs.

Human Uses: The Chumash and other Native Americans ate fiddleneck seeds. For instance, the Chumash ate Pinole with ground and toasted fiddleneck seeds. It is important to note the seeds are toxic to animals. As well, there is some importance of these seeds being used in honey bee domestication.

Sources Consulted:

Chumash Ethnobotany: Plant Knowledge among the Chumash People of Southern California, Timbrook, 2007.

https://www.calflora.org/cgi-bin/species_query.cgi?where-calrecnum=326, accessed April 22, 2019.

<https://www.pnwflowers.com/flower/amsinckia-menziesii>, accessed April 22, 2019.

http://www.wildflower.org/plants/result.php?id_plant=AMMEI2, accessed April 22, 2019.

Borago officinalis



Family: Boraginaceae

Common Names: Borage, Common borage, Cool-Tankard, Tailwort,

Habitat and Growth Habit: This plant is native to the Mediterranean region.

Human Uses: *Borago officinalis* leaves can be eaten raw or cooked. The flower from the plant is also edible and is used as decoration. Notably, a blue dye can be obtained from the flowers. Other traditional medicinal uses are often forms of herbal remedies. There is said to be a beneficial effect on the mind to decrease sadness and increase euphoria when consumed. As well, this species has been used as a diuretic herb used to soothe irritated intestinal tissues. Lastly, the plant is said to be an insect repellent when it is growing.

Sources Consulted:

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=b765>,
accessed on April 22, 2019.

<http://www.pfaf.org/USER/Plant.aspx?LatinName=Borago+officinalis>, accessed on April 22, 2019.

Eriodictyon angustifolium



Family: Boraginaceae

Common Names: Narrowleaf Yerba Santa, Narrow-leaved mountain balm, Mountain balm, Holy herb

Habitat and Growth Habit: This species can be native to California. It can be found elsewhere, but it is confined to the western region of North America. For example this plant is found in Utah, Nevada and Baja California on dry slopes.

Human Uses: Yerba Santa has several traditional medicinal uses. It is an expectorant and a bronchial dilator. This is useful in treating asthma, chest colds, bronchitis, and hay fever. The leaves can be consumed as a tea for treatment.

Sources Consulted:

http://southwestdesertflora.com/WebsiteFolders/All_Species/Hydrophyllaceae/Eriodictyon%20angustifolium.%20Narrowleaf%20Yerba%20Santa.html, accessed April 29, 2019.

https://www.calflora.org/cgi-bin/species_query.cgi?where-calrecnum=3181, accessed April 29, 2019.

<https://www.voyagebotanica.net/blogs/yerba-mansa-anemopsis-californica/64708931-yerba-santa-better-breathing-with-an-aromatically-divine-plant-medicine>, accessed April 29, 2019.

Phacelia cicutaria



Family: Boraginaceae

Common Names: Caterpillar phacelia, Caterpillar scorpionweed

Habitat and Growth Habit: This plant is native to California. It can be found in other parts of western North America such as southern Nevada and Baja California. As well, it is distributed in chaparral habitats and amongst rocky terrain.

Human Uses: Caterpillar phacelia is very attractive so it has many ornamental uses including its use in habitat restoration, natural landscaping, wildlife gardens, and more. Notably, the plant can cause contact dermatitis.

Sources Consulted:

https://www.calflora.org/cgi-bin/species_query.cgi?where-calrecnum=6298, accessed April 29, 2019.

[https://calscape.org/Phacelia-cicutaria-\(Caterpillar-Phacelia\)?srchcr=sc5b697a1d002d2](https://calscape.org/Phacelia-cicutaria-(Caterpillar-Phacelia)?srchcr=sc5b697a1d002d2), accessed April 29, 2019.

http://creationwiki.org/Caterpillar_phacelia, accessed April 29, 2019.