

**Comparative Seed Manual: HYDROPHYLLACEAE**  
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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 consulted<sup>1</sup>:

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.

Species included herein:

*Phacelia* spp.

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<sup>1</sup> **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.

*Phacelia spp.*



**Family:** Hydrophyllaceae

**Common Names:** Each species has its own unique common name. There is no wide spread common name for the genus *Phacelia*.

**Habitat and Growth Habit:** According to the USDA, this species is widespread and native to North America excluding Florida and Hawaii.

**Human Uses:** Species in this genus are used as a soil improving green manure. Additionally, many species in this genus are used in traditional Native American medicine. For instance, *P. californica* has been used to treat fevers (roots), colds, coughs, and skin disorders (leaves). *P. crenulata* has been used as a veterinarian aid for horses as well as treatment for human swellings (root). *P. hastata* has been made into a decoction for menstruation. Even more, *P. neomexicana* has been used to treat rashes (powdered root). *P. purshii* has been used as a poultice for inflammation of the joints and *P. ramosissima* has been used as an emetic, gastrointestinal aid, and gonorrhoea treatment. Many other species in the *Phacelia* genus have Native American medicinal uses.

**Sources Consulted:**

Moerman 2009

<https://plants.usda.gov/core/profile?symbol=PHACE>, accessed February 7, 2020.

<https://www.cotswoldseeds.com/species/44/phacelia>, accessed February 7, 2020.

<http://www.worldbotanical.com/phacelia.htm>, accessed February 7, 2020.