



FLAX SEED

Botanical Name: *Linum usitatissimum*

Common Name: Flax Seeds, Linseed

Medicinal part: Whole seed

Description: Flax is a member of the genus *Linum* in the family Linaceae. It is a food and fiber crop cultivated in cooler regions of the world. The textiles made from flax are known in the Western countries as linen, and traditionally used for bed sheets, underclothes, and table linen. The oil is known as linseed oil. In addition to referring to the plant itself, the word "flax" may refer to the unspun fibers of the flax plant. The plant species is known only as a cultivated plant, and appears to have been domesticated just once from the wild species *Linum bienne*, called pale flax.



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