PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Hymenoxys odorata DC.

GENUS *Hymenoxys* **FAMILY** Asteraceae

COMMON NAMES Bitterweed, Bitter rubberweed

EDIBLE PARTS AND USES

Edible parts: Flowers - tea

The flowering tops are used to make a tea like drink in Texas.
The plant is poisonous to animals.

DESCRIPTION

A herb. It grows each year from seed. It grows 60 cm tall. The stems are covered with short leaves that are divided into narrow pointed lobes. There are many flower heads and these have 50-150 yellow disk like flowers,

HABITAT

It is a temperate plant. It grows in dry regions.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb.(ACEDB version 4.0 - data version July 1994) (As Actinea odorata)

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 430

Usher, G., 1974, A Dictionary of Plants Used by Man. Constable. p 19 (As Actinea odorata)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0432ce5e-336c-4b57-a384-88d949eab9e1