PLANT FACT SHEET

Balsamorhiza deltoidea Nutt.

GENUS *Balsamorhiza* **FAMILY** Asteraceae

COMMON NAMES Deltoid balsamroot, Puget balsam-root

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Root, Flower stalks

The young tender roots are eaten like carrots.
They are also candied.
The young leaves are used as a potherb.
The flower stalks are cooked and eaten like a vegetable.
The rich oily seeds are eaten like sunflower seeds

DESCRIPTION

A low herb. It keeps growing from year to year. It has a white covering. There are several leaves at the base that have long leaf stalks. These can be 15 cm long. There are coarse rounded teeth along the edge of the leaf.

HABITAT

It is a temperate plant.

NOTES

There are 4 Balsamorhiza species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0541af53-46a7-4bad-a36d-e044e11b362d