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 richardsonii* (Hook.) Cockerell

**GENUS** *Hymenoxys* **FAMILY** Asteraceae

**COMMON NAMES** Pingue rubberweed, Colorado rubberweed

## EDIBLE PARTS AND USES

**Edible parts:** Plant

The plant is chewed as a chewing gum.
The skin of the root is used to make a chewing gum.
Caution: The plant is poisonous to animals.

## DESCRIPTION

A herb. It keeps growing from year to year. It grows 50 cm tall. It has a thick woody stalk. The flowers are yellow.

## HABITAT

It is a temperate plant. It grows in dry areas. It grows between 2,000-2,600 m above sea level.

## 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 richardsonii)

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 271

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World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew



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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/0b05ffb4-4b66-4933-9ab3-db03fae2d3df