PLANT FACT SHEET

Helianthus grosseserratus M. Martens

GENUS *Helianthus* **FAMILY** Asteraceae

COMMON NAMES Sawtooth sunflower

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil

The seeds are eaten raw, roasted or dried.

DESCRIPTION

A herb. It can grow from 1-3.5 m tall. The leaves are simple, alternate and sword shaped. They can be 10-30 cm long and 2-20 cm wide. The leaves have large teeth along the edge. The flower head is 7-10 cm wide. They are a golden yellow colour.

HABITAT

It is a temperate plant. It is often near streams.

REFERENCES

USDA Plants Database

PROVIDED BY **Food Plants International**

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/11db7110-44b7-4f94-bd44-4dc2f7fc0374