PLANT FACT SHEET

Helianthus x laetiflorus Pers.

GENUS *Helianthus* **FAMILY** Asteraceae

COMMON NAMES Showy sunflower

EDIBLE PARTS AND USES

Edible parts: Root, Tubers

The tubers are cooked and eaten.

DESCRIPTION

A herb. it has underground runners or rhizomes. It forms clumps. It grows 2 m tall. The leaves are dark green and narrowly oval with teeth around the edge. It has yellow flower heads with dark centres.

HABITAT

It is a temperate plant. It suits hardiness zones 5-9.

NOTES

Almost all Helianthus (60 species) in N and S America are edible.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/16491e74-8c6b-4a5b-a0db-b1155f3eb8ee