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.

Helenium autumnale L.

GENUS *Helenium* **FAMILY** Asteraceae

COMMON NAMES Helen's flower, Common sneezeweed

EDIBLE PARTS AND USES

Edible parts: Flowers - medicine

DESCRIPTION

A herb. It grow 25-125 cm tall. The leaves are long and sword shaped. They are 15 cm long. The daisy like flower heads are yellow.

HABITAT

It is a temperate plant. It grows in moist, low ground. It suits cooler mountain regions in India.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 356

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/1680d131-3ba7-4822-84de-2c701d712159