PLANT FACT SHEET

Mentzelia laevicaulis (Douglas) Torr. & A. Gray

GENUS *Mentzelia* **FAMILY** Loasaceae

COMMON NAMES Blazing star

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are oily and can be dried and ground into flour. They can be added to soups and stews.

DESCRIPTION

A grey herb that can keep growing from year to year. The flowers are yellow. The seeds have wings.

HABITAT

It is a temperate plant. It grows on dry open sites.

REFERENCES

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MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 231

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 342

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/23aab39f-b829-4a3f-b1f0-04be5b775939