PLANT FACT SHEET

Heliopsis longipes (A. Gray) S. F. Blake

GENUS *Heliopsis* **FAMILY** Asteraceae

COMMON NAMES Golden root, Aztec root

EDIBLE PARTS AND USES

Edible parts: Root - flavouring

DESCRIPTION

A herb that keeps growing from year to year. It has a fleshy rootstock. There can be 1 or more stems. It grows 40-80 cm tall. The flowers are rich yellow.

HABITAT

It is a tropical plant. It grows between 1,950-2,500 m above sea level.

NOTES

The roots possibly have anti-arthritic properties.

REFERENCES

Ferns, Useful Tropical Plants.

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

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/28b0a631-4783-498b-b0db-ae08c7860272