PLANT FACT SHEET

Ericameria parishii (Greene) H. M. Hall.

GENUS *Ericameria* **FAMILY** Asteraceae

COMMON NAMES Heath goldenrod

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are used as food.

DESCRIPTION

A shrub or small tree. It grows 3.7 m tall. The leaves are narrow and heath-like. They are 5 cm long. They have resin glands dotted over them. It produces small flower heads with up to 12 golden yellow disc florets.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

Plants can be grown from seed or hardwood cuttings.

NOTES

There are 27 Ericameria species.

REFERENCES

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http://www.stoller-eser.com/Flora/ethnobotany_table.htm (As Haplopappus spp.)

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 217

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

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/2d406b00-0467-455c-bb2d-b5287d1ee793