PLANT FACT SHEET

Liatris pycnostachya Michx.

GENUS *Liatris* **FAMILY** Asteraceae

COMMON NAMES Prairie blazing star, Cattail gayfeather

EDIBLE PARTS AND USES

Edible parts: Roots, Corm

The roots or corms are eaten. They are best cooked.

DESCRIPTION

A herb. It is upright and forms clumps. The leaves are narrow and grass-like. They are 11-22 cmlong by 4-10 mm wide. The flower stalks are 60-120 cm tall.

HABITAT

It is a temperate plant. It grows in the prairies.

REFERENCES

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 111

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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/2e0cc42a-0872-498f-b612-5a6d45d96575