PLANT FACT SHEET

Lasthenia californica Dc. ex Lindl.

GENUS *Lasthenia* **FAMILY** Asteraceae

COMMON NAMES California goldfields

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are parched and ground into flour. They are used for porridge.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 298

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/3500fb28-d581-4326-862f-89b8ce3953b2