PLANT FACT SHEET

Silphium integrifolium var. laeve Torr. & A. Gray

GENUS *Silphium* **FAMILY** Asteraceae

COMMON NAMES Compass plant, Rosin-weed

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A herb. It grows 1-1.5 m tall. The leaves are narrowly oval and taper to the tip. There are small teeth along the edge. The flowers are pale yellow.

HABITAT

It is a temperate plant.

NOTES

There are 23 Silphium species.

REFERENCES

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 607 (As Silphium laeve)

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1852

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

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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/4bef481d-e52e-4eec-83f7-c41becf84f21