PLANT FACT SHEET

Agoseris aurantiaca (Hook.) Greene

GENUS *Agoseris* **FAMILY** Asteraceae

COMMON NAMES Mountain dandelion, False dandelion, Orange Agoseris, Orange-flower Goat-chicory

EDIBLE PARTS AND USES

Edible parts: Leaves, Gum, Flowers

The leaves are eaten cooked like spinach. They can be eaten raw or cooked.
The root gum is used as a chewing gum.

DESCRIPTION

A perennial herb which grows 60 cm high. It has a strong rootstock that curves upwards. The leaves are at the base and are almost entire with shallow teeth. The flowers are reddish-orange and in heads. The heads occur singly.

HABITAT

It is a temperate plant. It grows naturally in meadows and woodlands from moderate to high elevations in Western North America from Canada to California. It grows in sandy low nutrient soils in a sunny position.

PRODUCTION

Cultivation

Plants can be grown from seed. The seed are sown in a nursery and usually germinate in 2 - 6 weeks at 15°C. Plants can also be grown by careful division of the clump in spring.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 15

Cormack, R. G. H., 1967, Wild Flowers of Alberta. Commercial Printers Edmonton, Canada. p 342

Kermath, B. M., et al, 2018, Food Plants in the Americas: A Survey of the Domesticated, Cultivated and Wild Plants Used for Human Food in North, Central and South America and the Caribbean. p 43

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 336

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

Porsild, A.E., 1974, Rocky Mountain Wild Flowers. Natural History Series No. 2 National Museums of Canada. p 382

Scotter, G. W., & Flygare, H., 1993, Wildflowers of the Canadian Rockies. Hurtig. p 96

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/55a1ac5f-cdba-4f7b-ace5-dbe7a697b0f3