PLANT FACT SHEET

Gaillardia aristata Pursh.

GENUS *Gaillardia* **FAMILY** Asteraceae

COMMON NAMES Common gaillardia, Blanketflower

EDIBLE PARTS AND USES

Edible parts: Flowers

The flower heads are use to absorb soups.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 20-90 cm tall. There are leaves at the base and on the stems. They are 4-5 cm long by 3-8 mm wide.

HABITAT

It is a temperate plant. In Argentina it grows below 500 m above sea level.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 241

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/5a542ed4-4e8b-41ef-b6d0-8b898b4c2e31