PLANT FACT SHEET

Thelesperma subnudum A. Gray

GENUS *Thelesperma* **FAMILY** Asteraceae

COMMON NAMES Sand fringepod, Navajo tea, Uinta greenthread

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Leaves - tea

The flowers are tips of young leaves are dried and boiled to make a tea.

DESCRIPTION

A herb. It grows 10-40 cm tall. It has a taproot. The leaves are clustered at the base. They are 2-9 cm long. The flowers are yellow.

HABITAT

It is a temperate plant. It grows between 1,000-2,900 m above sea level.

REFERENCES

Kermath, B. M., et al, 2014, 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. On line draft. p 861

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 556

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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/5ba6cf79-90ee-4d23-8f31-8d5ae31080da