PLANT FACT SHEET

Mentzelia affinis Greene

GENUS *Mentzelia* **FAMILY** Loasaceae

COMMON NAMES Yellowcomet, Stickleaf

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are parched and ground into a peanut butter like paste.
The seeds are also stored for later use.

DESCRIPTION

A herb. It has a slender taproot. It grows 50 cm tall. The leaves at the base are narrow and can have lobes. The leaves on the stem and 17 cm long and they usually have teeth along the edge. The flowers are yellow to orange. The fruit capsules are 1-3 cm lon by 1-3 mm wide. They have ribs along them. There are 10-20 seeds.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 341

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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/5c19dc73-80cb-4717-89c4-ae2f2040e3f3