PLANT FACT SHEET

Mentzelia involucrata S. Watson

GENUS *Mentzelia* **FAMILY** Loasaceae

COMMON NAMES Whitebract blazingstar

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are parched and ground into a flour and made into a porridge.

DESCRIPTION

A herb. It grows 7-35 cm tall. The leaves at the base are 10 cm long. The edges are lobed. The leaves on the stem clasp the stem. The flowers are white to pale yellow.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 342

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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/5d8c56f5-0c98-4c5c-92da-b0a059c13f17