PLANT FACT SHEET

Helianthus strumosus L.

GENUS *Helianthus* **FAMILY** Asteraceae

COMMON NAMES Pale leaf woodland sunflower

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A herb that keeps growing from year to year. It grows 2 m tall.

HABITAT

It is a temperate plant.

REFERENCES

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

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/5e801b08-5786-4c2d-9010-c211d28b3bef