PLANT FACT SHEET

Helianthus x doronicoides Lam.

GENUS *Helianthus* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Root, Tubers

DESCRIPTION

A herb. It grows 1.8 m tall by 0.6 m wide.

It is probably the original Jerusalem artichoke.

HABITAT

It is a temperate plant.

NOTES

Almost all Helianthus (60 species) in N and S America are edible.

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/60ba8e7d-da3a-4634-89b9-84e18811c434