PLANT FACT SHEET

Balsamorhiza sagittata (Pursh) Nutt.

GENUS *Balsamorhiza* **FAMILY** Asteraceae

COMMON NAMES Oregon Sunflower, Arrowleaf balsam-root, Arrowroot balsamroot, Breadroot, Grey dock

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Seeds, Flower stalks

The roots are cooked and eaten. They are also eaten raw. They can be used as a coffee substitute.
The seeds are roasted and pounded and eaten. They are also used as flour for breadmaking and to thicken soups.
The young shoots and leaves are eaten in salads or used as a potherb.
The young immature flower stalks are peeled and eaten.

DESCRIPTION

A herb. It grows in clumps. It grows 20-60 cm high and spreads 30-45 cm wide. There is a ring of leaves at the base. These are coarse and arrow shaped. They are 30 cm long. They are downy above and white and woolly underneath. The flowers are daisy like. They have deep yellow centres and paler on the outside. They occur singly at the end of long stalks. They are 5-7.5 cm across. The fruit is a dry achene.

HABITAT

It is a temperate plant. It grows on dry prairie hillsides. It suits hardiness zones 5-9.

NOTES

Medicine was prepared from the root. There are 4 Balsamorhiza species.

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