PLANT FACT SHEET

Mentzelia aspera L.

GENUS *Mentzelia* **FAMILY** Loasaceae

COMMON NAMES Prairie Lily, White stem blazing star

EDIBLE PARTS AND USES

Edible parts: Seeds

The oily seeds are pounded and added to other food.

DESCRIPTION

A herb. It grows each year from seed. The flowers are yellow.

HABITAT

It is a tropical plant. In Argentina it grows between 500-2,000 m above sea level.

NOTES

There are 75 Mentzelia species.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/62efaa13-3440-487c-9d07-79794502e43a