PLANT FACT SHEET

Grindelia squarrosa (Pursh) Dunal

GENUS *Grindelia* **FAMILY** Asteraceae

COMMON NAMES Resinweed, Gum plant

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - gum

The fresh or dried leaves are used to make an aromatic but slightly bitter tea.
The sticky resinous sap on the leaves and flowers can be used as a chewing gum.
Caution: It should not be eaten in large quantities.

DESCRIPTION

A herb. It can grow for a few years. It has taproots. The stems are 20-80 cm tall. The leaves are oblong and have lobes or teeth. The leaves often clasp the stem. The flower heads are yellow and 2-3 cm across. They are 25-40 flowers around a yellow disk. The fruit are 4-5 ribbed dry seed heads or achenes.

HABITAT

It is a temperate plant. It grows in dry open sites.

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/634f1186-e4b3-4a80-918c-5356ad4c03ea