PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Mentzelia pumila Torr. & Gray

GENUS *Mentzelia* **FAMILY** Loasaceae

COMMON NAMES Dwarf mentzelia, Blazing star, Desert blazing star, Moonflower

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are ground for meal.

DESCRIPTION

A herb. It can grow 1 m tall. The flowers are bright yellow and star shaped. The seed capsule is bullet shaped.

HABITAT

It is a temperate plant.

REFERENCES

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1816

MINNIS,

PARMENTIER, (As Menyanthes palustris)

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

WHITING,

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/67733b65-5ba2-4259-96a5-082d111c59fb