PLANT FACT SHEET

Penstemon confertus Douglas

GENUS *Penstemon* **FAMILY** Scrophulariaceae

COMMON NAMES Yellow beard tongue, Small-flowered penstemon

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The dried leaves and stems are used to make tea.

DESCRIPTION

A slender stemmed plant. It grows 10-50 cm high. The leaves are opposite and simple. They are narrow and 5-12 cm long. The flowers are small and yellow. They are 12 mm long. They occur in dense rings on the upper part of the stem. The fruit is a small dry capsule. It contains many seeds.

HABITAT

It is a temperate plant. It grows on dry grassland and thin woodland.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/680f3839-6f71-425b-ac95-a159847c2d74