PLANT FACT SHEET

Helianthus pauciflorus Nutt.

GENUS *Helianthus* **FAMILY** Asteraceae

COMMON NAMES Stiff sunflower, Prairie sunflower

EDIBLE PARTS AND USES

Edible parts: Seeds

DESCRIPTION

A herb. It grows 1.5 m tall.

HABITAT

It is a temperate plant.

REFERENCES

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

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/6a423ef8-2484-486f-998a-d5a52d3203c8