PLANT FACT SHEET

Senecio multi-capitatus Greenm. ex Rydb.

GENUS *Senecio* **FAMILY** Asteraceae

COMMON NAMES Ragwort groundsel

EDIBLE PARTS AND USES

Edible parts: Seeds

The root bark is used as a chewing gum.
The roasted, ground seeds are made into cornmeal flat cakes in times of food shortage.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Etkin, N.L. (Ed.), 1994, Eating on the Wild Side, Univ. of Arizona. p 71
Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 526

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