PLANT FACT SHEET

Helianthus petiolaris Nutt.

GENUS *Helianthus* **FAMILY** Asteraceae

COMMON NAMES Prairie sunflower

EDIBLE PARTS AND USES

Edible parts: Seeds

DESCRIPTION

An annual plant. It has a taproot. It grows 1.8 m tall. The leaves are more narrow than ordinary sunflower. The leaves are less than 10 cm wide.

HABITAT

It is a temperate plant. In Canada it grows on dry prairie and uncultivated land.

NOTES

Almost all Helianthus (60 species) in N and S America are edible.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/75faf99d-ea85-4f5b-ae18-7711d2c46ee2