PLANT FACT SHEET

Thymophylla setifolia Lag.

GENUS *Thymophylla* **FAMILY** Asteraceae

COMMON NAMES Texas prickly leaf

EDIBLE PARTS AND USES

Edible parts: Leaves, Medicine

DESCRIPTION

A herb. It grows 15 cm tall. The flowers are yellow.

HABITAT

It is a subtropical to temperate plant. It can grow in arid places.

REFERENCES

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/77e5ae39-5b54-45f0-835c-a84221ea28df