PLANT FACT SHEET

Grindelia hirsutula Hook. & Arn.

GENUS *Grindelia* **FAMILY** Asteraceae

COMMON NAMES Great valley gumweed, Gum plant, Gumweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The leaves are used for tea.
The leaves are also chewed. They are eaten raw as greens.

DESCRIPTION

A herb. It grows about 40 cm high. The plant is covered with a resinous substance.

HABITAT

It is a temperate plant.

NOTES

There are 60 Grindelia species. They grow in dry regions in the Americas.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/78f0e3a6-11e0-438c-a8be-249b21c81d4e