PLANT FACT SHEET

Thelesperma longipes Gray

GENUS *Thelesperma* **FAMILY** Asteraceae

COMMON NAMES Navajo tea, Cota, Longstalk greenthread

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - tea

The dried leaves and flower heads are brewed to produce a tea.
Dried plants can be stored for later use.

DESCRIPTION

A herb. It grows 1 m tall. The flowers are yellow.

HABITAT

It is a temperate plant.

REFERENCES

Desert Survivors Online Plant Database

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 44

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 555

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/7cb10d6d-2917-4e31-bcc2-a6830c99c587