PLANT FACT SHEET

Heliopsis helianthoides var. scabra (Dunal) Fernald

GENUS *Heliopsis* **FAMILY** Asteraceae

COMMON NAMES Bleeding heart sunflower, Burning hearts

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten in salads.

DESCRIPTION

A herb. It grows 1 m tall. The leaves are dark purple, hairy and sword shaped. The flowers are yellow and red/orange in the centre. They are 5-8 cm wide.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

Plants can be grown by seeds or division.

REFERENCES

Torre, de la L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 227 (As Heliopsis scabra)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/84ce72c4-910b-45c7-823d-1449a7103375