PLANT FACT SHEET

Hemizonia congesta DC.

GENUS *Hemizonia* **FAMILY** Asteraceae

COMMON NAMES Hayfield tarweed

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are used for pinole.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Anderson, M. K., 2012, Edible Seeds and Grains of California Tribes and the Klamath Tribe of Oregon in the Phoebe Apperson Hearst Museum of Anthropology Collections, University of California, Berkeley. USDA p 59

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/9e6af893-dc1a-4bf3-b94b-72c35fec9a5c