PLANT FACT SHEET

Mentzelia veatchiana Kellogg

GENUS *Mentzelia* **FAMILY** Loasaceae

COMMON NAMES Whitestem blazingstar

EDIBLE PARTS AND USES

Edible parts: Seeds

The parched seeds are ground into flour and used as a porridge.
The seeds are parched and ground into a peanut butter like paste.
Seeds are stored for later use.

DESCRIPTION

The plant is 20-50 cm tall. The leaves at the base are narrowly sword shaped and have deep lobes. The leaves on the stem are 17 cm long. The edges have deep lobes or teeth.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 341 (As Mentzelia gracilenta var. veatchiana)

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/a1ab97bf-d407-4ad6-b059-03f780b5480b