PLANT FACT SHEET

Lygodesmia juncea (Pursh) D. Don ex Hook.

GENUS *Lygodesmia* **FAMILY** Asteraceae

COMMON NAMES Rush skeleton plant

EDIBLE PARTS AND USES

Edible parts: Roots - gum

The roots are left in the sun until the gum is released and hardened and then chewed.

DESCRIPTION

A herb. It grows 10-35 cm tall. The taproots are deep. The flowers are pink. They are 1-2 cm across and usually have 5 petals.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 324

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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/a3c5cdba-ed64-4fc5-8608-498a0a9ddec7