PLANT FACT SHEET

Heliopsis buphthalmoides (Jacq.) Dunal

GENUS *Heliopsis* **FAMILY** Asteraceae

COMMON NAMES Linta, Iwasi

EDIBLE PARTS AND USES

Edible parts: Stems, Flowers, Leaves, Leaves - flavouring

The stems and flowers are chopped and mixed with salt, chilli, and other plants.
The dried leaves are ground and used as a flavouring.
The fresh leaves are used in salads.

DESCRIPTION

A herb. It grows 40 cm tall. The stems are hairy. The leaves are opposite. They are oval and 1-10 cm long by 0.5-3 cm wide. They taper to the base and end bluntly at the tip. There are teeth along the edge. The flowers are cone shaped disks. They are yellow.

HABITAT

It is a subtropical plant. It grows in low wet woodland and near swamps. In Argentina it grows from sea level to 3,000 m above sea level. It suits the seasonally dry tropics.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a683910b-7015-41d3-9f25-d18100ca60aa