PLANT FACT SHEET

Mentzelia dispersa S. Watson

GENUS *Mentzelia* **FAMILY** Loasaceae

COMMON NAMES Bushy blazingstar

EDIBLE PARTS AND USES

Edible parts: Seeds

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

DESCRIPTION

A herb. It grows each year from seed.

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 30

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 342

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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/b712d5e8-8857-4bd5-949d-b237f31bda93