PLANT FACT SHEET

Thelesperma megapotamicum (Sprengel) Kuntze

GENUS *Thelesperma* **FAMILY** Asteraceae

COMMON NAMES Hopi tea, Greenthread, Navajo tea

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - tea, bud

The leaves and dried flowers are used as a substitute for tea,
The flower buds are eaten.

DESCRIPTION

A herb. It has underground stems or rhizomes. It can keep growing from year to year. It grows 40-60 cm tall. The leaves are divided 2 or 3 times. The segments are 10-23 mm long by 0.2-0.6 mm wide.

HABITAT

It is a subtropical plant. It grows in dry soils. It can grow in arid places. In Argentina it grows from sea level to 1,200 m above sea level.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994) (As Thelesperma gracile)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 44 (As Thelesperma gracile)

https://www.fireflyforest.com/flowers/category/edible-plants/ Edible Plants – Southeastern Arizona Wildflowers and Plants

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 861

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 555

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 14th April 2011]

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b9a7a6f1-cc3a-4629-8921-082c7a0a8d70