PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Castilleja linariifolia Benth.

GENUS *Castilleja* **FAMILY** Orobanchaceae

COMMON NAMES Wyoming paintbrush

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are eaten raw. They are used to flavour other fresh greens. They should only be eaten in small amounts.
Caution: The leaves and roots can accumulate Selenium and be toxic.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

There are about 200 Castilleja species. They are also put in the family Scrophulariaceae. It is the state flower of Wyoming.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bbcffa4f-c59a-495c-a160-9c8d3a9dc062