PLANT FACT SHEET

Mentzelia decapetala (Pursh ex Sims) Urb.

GENUS *Mentzelia* **FAMILY** Loasaceae

COMMON NAMES Giant evening star

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are oily and can be dried and ground into flour. They can be added to soups and stews.

DESCRIPTION

A grey herb. It can grow for one or more years. The flowers are yellow. There are 5 petals and 5 stemen that look like petals. The seeds do not have wings.

HABITAT

It grows on dry open slopes.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 231

PROVIDED BY **Food Plants International**

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/bee19446-cf56-430d-9591-86a7e8835cc0