PLANT FACT SHEET

Mentzelia puberula J. Darl.

GENUS *Mentzelia* **FAMILY** Loasaceae

COMMON NAMES Roughstem blazingstar, Pubescent blazingstar

EDIBLE PARTS AND USES

Edible parts: Seeds

The parched seeds are ground into flour and used to make a porridge.

DESCRIPTION

A bush like plant that keeps growing from year to year.

HABITAT

It is a temperate plant.

REFERENCES

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

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/c727cc73-0a46-46d3-9044-bc3ae611f2f8