PLANT FACT SHEET

Heliopsis helianthoides (L.) Sweet

GENUS *Heliopsis* **FAMILY** Asteraceae

COMMON NAMES False sunflower, Ox-eye sunflower

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers are used in salads as a decoration.

DESCRIPTION

A herb. It grows 1.5 m tall. The leaves are simple and opposite and have teeth. The flowers are in sunflower like heads. They are yellow and 5 cm wide

HABITAT

It is a temperate plant. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

Plants can be grown by seeds.

REFERENCES

Ferns, Plants For A Future
Jackes, D. A., Edible Forest Gardens

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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/c7cd49df-665a-415d-8b8a-b143019f330a