PLANT FACT SHEET

Rudbeckia laciniata L.

GENUS *Rudbeckia* **FAMILY** Asteraceae

COMMON NAMES Cut-leaf coneflower, Wild golden glow

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a vegetable. They are boiled or fried.
They are also dried and stored for later use.
The young stems are eaten like celery.

DESCRIPTION

A daisy family plant. It grows 2-3 m high and spreads 0.9-2 m wide. It keeps growing from year to year. The leaves are deeply lobed or divided into leaflets along the stalk. They are blue-green and often hairy underneath. The flower heads are 12 cm wide. The flowers are yellow and yellow green in the centre.

HABITAT

It is a temperate plant. It will grow in most moist soils. It needs an open sunny position. It is resistant to frost but sensitive to drought. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants can be grown by division.

NOTES

There are about 15-20 Rudbeckia species.

PICTURES



Credit: Food Plants International (Bruce French)

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)

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 917

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1286

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 282

http://www.botanic-gardens-ljubljana.com/en/plants

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1762

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 349

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 495

Morley, B. & Everard, B., 1970, Wild Flowers of the World. Ebury press. Plate 165

Sp. pl. 2:906. 1753

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona

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/cdc87979-6251-4017-bd9e-a724a410e83c