PLANT FACT SHEET

Helianthus maximilianii Schrad.

GENUS *Helianthus* **FAMILY** Asteraceae

COMMON NAMES Maximillian sunflower

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

The tubers are eaten raw or cooked. They can be roasted or boiled.

DESCRIPTION

A plant which keeps growing from year to year. It grows 2-3 m tall and spreads 60-90 cm wide. The leaves are blue green and sword shaped. They are 20 cm long near the bottom and have shallow teeth. The leaves are about 5 cm long near the top. The flower heads are yellow and 10 cm wide.

HABITAT

It is a temperate plant. It grows best in rich, loamy soil. It suits hardiness zones 4-9.

NOTES

Almost all Helianthus (60 species) in N and S America are edible.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ce56d97e-acf3-453c-a57a-d826a6334808