PLANT FACT SHEET

Thymophylla pentachaeta (DC.) Small

GENUS *Thymophylla* **FAMILY** Asteraceae

COMMON NAMES Fiveneedle prickly leaf

EDIBLE PARTS AND USES

Edible parts: Leaves, Medicine

DESCRIPTION

A small shrub. It is greyish green and 15-25 cm tall. It is usually hairy. The leaves are usually opposite. They have lobes along the sides. There are 3-11 narrow lobes. The flowers are yellow to orange.

HABITAT

It is a subtropical to temperate plant. It can grow in arid places.

REFERENCES

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 13

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/da243023-1000-408a-961e-cd64ee5fea6a