PLANT FACT SHEET

Helianthus hirsutus Raf.

GENUS *Helianthus* **FAMILY** Asteraceae

COMMON NAMES Paleleaf woodland sunflower, Hairy sunflower

EDIBLE PARTS AND USES

Edible parts: Root

The roots are eaten raw or cooked,

DESCRIPTION

A herb. It grows 1-2 m tall. The leaves are 15 cm long and taper from the base. There are fine teeth along the edge. The flowers are yellow with several long petals.

HABITAT

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

NOTES

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

REFERENCES

Jackes, D. A., Edible Forest Gardens (As Helianthus decapetalus)

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 45

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Helianthus strumosus)

Sp. pl. 2:905. 1753 (As Helianthus strumosus)

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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/dde26909-38a6-4f03-aceb-d14ee60ba552