PLANT FACT SHEET

Lasthenia glabrata Lindl.

GENUS *Lasthenia* **FAMILY** Asteraceae

COMMON NAMES Yellowray goldfields

EDIBLE PARTS AND USES

Edible parts: Seeds

The parched seeds are eaten dry. They are also ground into flour to make porridge.

DESCRIPTION

A daisy family plant. It is an erect annual plant. It grows 45-60 cm high and spreads 25-45 cm wide. The leaves are narrow and 5-15 cm long. They are fleshy and have teeth along the edge. The flower is a daisy like head with gold or yellow florets. They are 35 mm across.

HABITAT

It is a warm temperate to subtropical plant. It suits hardiness zones 7-10.

NOTES

There are 16 Lasthenia species.

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f4c5f032-7023-4454-b4f0-36d180d6321e