PLANT FACT SHEET

Liatris punctata Hook.

GENUS *Liatris* **FAMILY** Asteraceae

COMMON NAMES Snakeroot, Dotted blazing star, Gayfeather

EDIBLE PARTS AND USES

Edible parts: Root, Corm

The roots are baked and eaten.

DESCRIPTION

A small herb. It grows 10-45 cm high. It keeps growing from year to year. The leaves are alternate and narrow. They are stiff and rather thick. They are 5-15 cm long. The flowers are pink disks. The flower heads occur singly at the ends of branches. They are 1-2 cm across. The fruit is a dry achene.

HABITAT

It is a temperate plant. It grows in dry open places and in sandy soil.

NOTES

There are about 35-40 Liatris species. They grow in eastern North America.

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) (As Laciniaria punctata)

Cormack, R. G. H., 1967, Wild Flowers of Alberta. Commercial Printers Edmonton, Canada. p 386

Etkin, N.L. (Ed.), 1994, Eating on the Wild Side, Univ. of Arizona. p 72

Fl. bor.-amer. 1:306, t. 105. 1833

Jordan, J., et al, 2006, Vascular Plants Utilized by the Plains Apache in Southwestern Oklahoma, Publications of the Oklahoma Biological Survey. 2nd Series. Volume 7: 24-33, 2006

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 485

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 305

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

Robbins, W. W., 1916, Tewa Ethnobotany. An annotated List of Plants (As Laciniaria punctata)

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 111

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/f5aa5905-d513-4380-8868-4b3572f4fc3c