PLANT FACT SHEET

Helianthus annuus subsp. lenticularis Douglas

GENUS *Helianthus* **FAMILY** Asteraceae

COMMON NAMES Wild sunflower, Showy sunflower

EDIBLE PARTS AND USES

Edible parts: Seeds

DESCRIPTION

An annual plant. It grows 1-2 m high. It has fleshy roots. The leaves are mainly alternate and simple. They are oval and have a heart shaped base. They have a leaf stalks and have coarse teeth. They are 10-20 cm long. The flowers are large yellow disks that are brown in the centre. The flower heads can occur singly or as several together. They are 7.5-15 cm across. The fruit is a smooth dry achene.

Probably now Helianthus annuus.

HABITAT

It is a temperate plant. It grows along roadsides and in waste places.

NOTES

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

REFERENCES

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J. Lindley, Edward's Bot. Reg. 15: t. 1265. 1829 (As Helianthus annuus subsp. lenticularis)

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PROVIDED BY **Food Plants International**

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/fc632f75-2f75-4931-bab8-f7fcd2981b3f