



Arrowleaf Balsamroot

Balsamorhiza sagittata
Sunflower/Aster Family



- Spreads under favorable conditions
- Has an extraordinary tap root that can grow 5-8 feet deep
- Seeds are a primary food source for migratory bird populations
- Useful plant for Native Americans as they ate nearly every part of it at various times in the year
- Is an expectorant, diaphoretic, antifungal, and antimicrobial forb