



Arrowleaf Groundsel

Senecio triangularis
Sunflower/Aster Family



- *Senecio* is derived from the Latin name *senex*, meaning "old man," which refers to its white-bearded seeds
- The Cheyenne made tea from the leaves or roots as a sedative for chest pain
- Popular in shade gardens
- Distinguished from other *Senecio* species by its deeply toothed, arrow-shaped leaves