



ECHINACEA PALLIDA

Fam. Asteraceae

DESCRIPTION

Perennial herbaceous plant, with remarkable adaptability to different environmental conditions.

LEAVES

Bundled in basal rosettes and distributed along the scapes, the leaves are elongated, elliptic-lanceolate, lanceolate or elliptical, with whole margins and three salient ribs.

FRUITS

Tapered achenes with a quadrangular section with a light-brown crown (pappus) that may have a darker band at the apex. The seeds are pear-shaped.

HABITAT

Native to North America, this plant is widespread in a large area that includes the coastal areas of the Gulf of Mexico, the Great Plains, the Great Lakes in the north, the Rocky Mountains to the west and the Appalachian Mountains to the east, extending over numerous states.

DISTRIBUTION

In Europe, it is successfully cultivated both as an ornamental plant and for its pharmaceutical properties.

FLOWERS

Large, solitary flower heads with rigid involucre and a showy conical and thorny receptacle; the peripheral ligulate flowers are red or pink with reflexed short ligules. It blooms from June to August.

ROOTS

Irregular cylindrical brown taproot.

STEM

Simple stem, 1-1.5 m tall, hollow at the base, tapered towards the top.

INTERESTING FACTS

According to the Native Americans interpretation, this plant symbolises strength and health. In fact, it is one of the most widely used medicinal plants in the pharmaceutical industry: thanks to its immunostimulating action, it has several therapeutic applications.

