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Grindelia robusta

[Synonyms : *Grindelia camporum*, *Grindelia camporum* var. *camporum*, *Grindelia camporum* var. *parviflora*, *Grindelia paludosa*, *Grindelia procera*, *Grindelia rubicaulis* var. *robusta*]

GREAT VALLEY GUMWEED is a perennial. Native to south-western North America it has yellow-centred yellow flowers.

It is also known as August flower, California gum plant, Californian gumweed, Field gumweed, *Gomplant* (Dutch), Grendelia herb, Grindelia (English, German), Gum plant, Gumweed, Hardy grindelia, *Milzkraut* (German), Rosin weed, Scaly grindelia, Shore grindelia, and Wild sunflower.

The whole plant is coated in a resinous substance that gives it a varnished appearance.

Robusta is derived from Latin *robusti-* (strong, stout) meaning 'stout or strong growth'.

The North American Karok Indians ate the leaves raw as a green vegetable.

A root decoction provided the Karok Indian tribe with a shampoo that would kill hair lice. The Miwok North American Indians used the leaves to treat sores.

The flowers and fruit yield yellow and green dyes.

Medicinally, European settlers learnt from local Indian tribes to use the leaves and flower heads to treat lung disorders generally, asthma, stomach upsets, fluid retention, coughs and sore throats (and as a blood purifier), and to apply it in poultices to ease the symptoms of contact with poison ivy (*Rhus radicans*) or poison oak (*Rhus toxicodendron*).