PLANT FACT SHEET

Aegopodium podagraria L.

GENUS *Aegopodium* **FAMILY** Apiaceae

COMMON NAMES Goutweed, Ground elder

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Spice, Flowers, Buds

The young leaves are eaten raw or cooked. They have a tangy flavour and are used in salads, cooked as greens or made into fritters. They are eaten in green soup in Germany. It is used in omelette and quiche.

DESCRIPTION

A perennial herb. It has creeping, branching underground stems. It grows up to 60-90 cm high. It can spread 60-90 cm wide. The leaves usually have 3 oval lobes. The flowers are in large compound heads. They can be white, cream or pink. The fruit are oval and ribbed.

HABITAT

It is a temperate plant. It occurs commonly as a self sown plant in waste ground in Britain. It will grow in most soils but prefers damp shady places. It suits hardiness zones 3-9. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seed or from pieces of the root. It can become invasive and hard to remove.

Harvesting and Seed Production

It grows rapidly.

NOTES

It is used in medicine against gout. The young leaves are high in Vitamin C. There are 5 Aegopodium species. It can become invasive.

REFERENCES

Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). Journal of Ethnopharmacology 151 (2014) 624–634

Biocyclopedia Edible Plant Species. biocyclopedia.org

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 11

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 51

Borelli, T., et al, 2022, Assessment of the Nutritional Value of Selected Wild Food Plants in Türkiye and Their Promotion for Improved Nutrition. Sustainability 2022,14,11015.rum Poloniae 84 (3): 327-338

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 82

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 104

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 104

Demir, E., et al, 2020, Nutrient and bioactive substance contents of edible plants grown naturally in Salıpazarı (Samsun). Acta Sci. Pol. Hortorum Cultus, 19(1), 151–160

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 14

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Bioculutral Approach. M. Sc. thesis Norwegian University. p 127

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 27

http://nordicfood lab/org/blog/2102/9/wild-edible-plants-an-overview

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 108

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281

Kermath, B. M., et al, 2018, Food Plants in the Americas: A Survey of the Domesticated, Cultivated and Wild Plants Used for Human Food in North, Central and South America and the Caribbean. p 25

Kim, H. & Song, M., 2013, Ethnobotanical analysis for traditional knowledge of wild edible plants in North Jeolla Province (Korea). Genetic. Resour. Crop Evol. (2013) 60:1571-1585

Kolosova, V., et al, 2020, Foraging in Boreal Forest: Wild Food Plants of the Republic of Karelia, NW Russia. Foods 2020, 9, 1015; p 8

Luczaj, L. et al, 2012, Wild food plant use in 21st century Europe: the disappearance of old traditions and the search for new cuisines involving wild edibles. Acta Soc Bot Pol 81(4):359–370

Lukasz, L., et al, 2013, Wild edible plants of Belarus: from Rostafiński's questionnaire of 1883 to the present. Journal of Ethnobiology and Ethnomedicine 2013, 9:21

Lukasz, L., 2016, Wild Edible Plants Traditionally Used in Poland.

Marinelli, J. (Ed), 2004, Plant. DK. p 443

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 95

Michael, P., 2007, Edible Wild Plants and Herbs. Grub Street. London. p 107

Pawera, L., et al, 2017, Traditional Plant Knowledge in the White Carpathians: Ethnobotany of Wild Food Plants and Crop Wild Relatives in the Czech Republic. Hum Ecol (2017) 45:655–671

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

Pohjanmies, T., et al, 2021, Abundance and diversity of edible wild plants in managed boreal forests. Forest Ecology and Management 491 (2021) 119151

Prakofjewa, J., et al, 2023, Boundaries Are Blurred: Wild Food Plant Knowledge Circulation across the Polish-Lithuanian-Belarusian Borderland. Biology 2023, 12, 571.

Pruse, B., et al, 2021, Active Wild Food Practices among Culturally Diverse Groups in the 21st Century across Latgale, Latvia. Biology 2021, 10, 551.

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

Redzic, S., 2010, Use of Wild and Semi-Wild Edible Plants in Nutrition and Survival of People in 1430 Days of Siege of Sarajevo during the War in Bosnia and Herzegovina (1992–1995). Coll. Antropol 34 (2010) 2:551-570

Redzic, S. & Ferrier, J., 2014, The Use of Wild Plants for Human Nutrition During a War: Eastern Bosnia (Western Balkans). Chapter 9 in A. Pieroni, C. L. Quave (eds.), Ethnobotany and Biocultural Diversities in the Balkans,Springer Science

Ryan, S., 2008, Dicksonia. Rare Plants Manual. Hyland House. p 93

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 6

Simkova, K. et al, 2014, Ethnobotanical review of wild edible plants used in the Czech Republic. Journal of Applied Botany and Food Quality 88, 49-67

Full reference list (7 more) at https://www.echocommunity.org/en/resources/05b7631f-b18c-422e-8804-d9c4ad25a27b

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/05b7631f-b18c-422e-8804-d9c4ad25a27b