PLANT FACT SHEET

Lomatium triternatum (Pursh.) Coult. & Rose

GENUS *Lomatium* **FAMILY** Apiaceae

COMMON NAMES Nineleaf biscuitroot, Bisquit-root, Lewis' biscuit-root

EDIBLE PARTS AND USES

Edible parts: Root, Leaves - tea

The roots are eaten raw, roasted, baked or ground into flour.
The flowers and upper leaves are dried and stored for later use. They are used to flavour meats, stews and salads.

DESCRIPTION

A herb. It keeps growing from year to year. It has a long slender taproot. The stems branch. The plant is 30-70 cm high. It has small hairs. The fruit are flat and narrowly oblong. They are 6-10 mm long.

HABITAT

It is a temperate plant. It grows in the rich foothill prairie of the Rocky Mountains.

PRODUCTION

Cultivation

It can be grown from seeds or by cuttings.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0a7902be-7ee4-48e2-a7fd-dd4565f7bf5a