PLANT FACT SHEET

Opopanax chironium (L.) W. D. J. Koch

GENUS *Opopanax* **FAMILY** Apiaceae

COMMON NAMES Hercules' all-heal

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a vegetable and used for flavouring.

DESCRIPTION

A herb. It grows 1-3 m tall. It keeps growing from year to year. It has a branching stem that is thick near the base. The leaves have leaflets along the stalk and teeth on the edges. The flowering shoots are at the top of the branches and are large and flat and yellow.

HABITAT

It is a temperate plant.

NOTES

It is used as a medicine.

REFERENCES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0a7c6a58-3340-4c90-9166-0bcc9d4d54af