PLANT FACT SHEET

Pseudocymopterus montanus (A. Gray) J. M. Coult. & Rose

GENUS *Pseudocymopterus* **FAMILY** Apiaceae

COMMON NAMES Alpine false spring parsley

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The leaves are boiled with cornmeal.
The roots are ground then cooked with meat.

DESCRIPTION

A herb. It grows 90 cm tall. It has a stout taproot. It has 1-4 leaves on the stem. The leaf stalks are 13 cm long. The flowers are at the top and are yellow or red.

HABITAT

It is a temperate plant. It grows between 1,770-3,870 m above sea level.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 448

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/104ee78c-4b0a-4052-a931-687865ddea23