PLANT FACT SHEET

Cogswellia cous M. E. Jones

GENUS *Cogswellia* **FAMILY** Apiaceae

COMMON NAMES Cow-as

EDIBLE PARTS AND USES

Edible parts: Roots

The roots are eaten and also dried and made into flour. They have a celery flavour.

DESCRIPTION

A herb. It grows 10-20 cm tall. The leaves are alternate and divided. The leaflets are narrow.

HABITAT

It is a temperate plant.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb.(ACEDB version 4.0 - data version July 1994)

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 65

Saunders, C.F., 1948, Edible and Useful Wild Plants. Dover. New York. p 11

PROVIDED BY **Food Plants International**

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/164cccb5-c15b-4bef-8744-c83b21a2f582